

Stress Management

How to reduce, prevent, and cope with stress

Stress management strategy #1:

Avoid unnecessary stress

Not all stress can be avoided, and it's not healthy to avoid a situation that needs to be addressed. You may be surprised, however, by the number of stressors in your life that you can eliminate.

- **Learn how to say “no”-** Know your limits and stick to them. Whether in your personal or professional life, refuse to accept added responsibilities when you're close to reaching them. Taking on more than you can handle is a surefire recipe for stress.
- **Avoid people who stress you out-** If someone consistently causes stress in your life and you can't turn the relationships around, limit the amount of time you spend with that person or end the relationship entirely.
- **Take control of your environment-** If the evening news makes you anxious, turn the TV off. If traffic's got you tense, take a longer but less-traveled route. If going to the market is an unpleasant chore, do your grocery shopping online.
- **Avoid hot-button topics-** If you get upset over religion or politics, cross them off your conversation list. If you repeatedly argue about the same subject with the same people, stop bringing it up or excuse yourself when it's the topic of discussion.
- **Pare down your to-do-list-** Analyze your schedule, responsibilities, and daily tasks. If you've got too much on your plate, distinguish between the “should” and the “musts”. Drop tasks that aren't truly necessary to the bottom of the list or eliminate them entirely.

Stress for most of us, is villainous. Everyone experiences stress in their lives. Sometimes you can remove it, other times it is unavoidable. One of the major issues with stress is how you deal with it. As you can see, it is possible to take control of your stress and get relief. Although it isn't possible to eliminate all stress from your life, it is possible to eliminate some of it. The way you handle stress completely rests on you. Stress plays a big role in your life and your reaction is what makes life manageable, so learn new ways to cope with the stress that comes into your life. You need to do this in order to be happier and healthier.

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“If you imagine it, you can achieve it. If you can dream about it, you can become it.”

-William Arthur Ward