

Stress Management

How to reduce, prevent, and cope with stress

Stress management strategy #4:

Accept the things you can't change

Some sources of stress are unavoidable. You can't prevent or change stressors such as the death of a loved one, a serious illness, or a national recession. In such cases, the best way to cope with stress is to accept things as they are. Acceptance may be difficult, but in the long run, it's easier than railing against a situation you can't change.

- **Don't try to control the uncontrollable-** Many things in life are beyond our control – particularly the behavior of other people. Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems.
- **Look for the upside-** As the saying goes, "What doesn't kill us makes us stronger." When facing major challenges, try to look at them as opportunities for personal growth. If your own poor choices contributed to a stressful situation, reflect on them and learn from your mistakes.
- **Share your feelings-** Talk to a trusted friend or make an appointment with a therapist. Expressing what you're going through can be very cathartic, even if there's nothing you can do to alter the stressful situation.
- **Learn to forgive-** Accept the fact that we live in an imperfect world and that people make mistakes. Let go of anger and resentments.

Stress and Lack of Sleep

Stress and lack of sleep go hand in hand. If you are under a lot of stress, the chances are high that you won't be able to calm down and sleep at night. Then, without having enough sleep the next morning, you're going to be tired and irritable. The end result = even more stress! It's a common fact that every human needs a good night's sleep. Sleep gives our bodies the physical and mental rest it needs. When we are rested, our minds and bodies can work at their best levels.

So what's the best answer to avoid stress and get enough sleep? Seven to eight hours of sleep every night! As for relieving additional stress in your life, maybe you just need to relax more and take life one day at a time.

**Robertson County Schools
Office of Coordinated School Health**

Telephone: 384-0152
Email: Dawn.Callas@rcstn.net

"And in the end, it's not the years in your life that count. It's the life in your years"

-Abraham Lincoln