Stress Management Tips

Exercise

Exercise releases “feel good” chemicals that promote a sense of well-being and energy.

Tips:
Take the stairs instead of the elevator
Walk or ride your bike instead of driving
Join a walking group
Look up online resources in your area

Eating healthily

Eating nutritious foods promotes both a healthy body and a healthy brain.

Tips:
Don't skip breakfast
Eat 3 balanced meals a day
Keep healthy snacks, such as fruit or nuts, readily available
Avoid or limit caffeinated or alcoholic beverages
Take a daily multi vitamin

Time management

Feeling overwhelmed can decrease your ability to actually manage your time and get things done, creating a vicious cycle.

Tips:
Use a planner
Turn off your cell phone
Learn to say no to some activities
Don't overbook

Setting realistic goals:

Setting realistic goals can keep things manageable and give you a sense of accomplishment.

Tips:
Make a list of goals for the day and for the week
Put stars next to the “must do” items
Consider how likely it is that you can do all the items
Which items are more realistic than others?
Which items are more necessary?
Remember to focus on one item at a time

Getting a good night’s rest

Being over-tired increases stress in your body and can seriously limit your ability to adequately deal with stressful situations.

Tips:
Get six or more hours of sleep a night
Try and plan on going to bed earlier
Cut back on caffeinated and alcoholic beverages, and increase exercise to improve sleep

Hobbies and leisure time:

Taking time out for “healthy” activities can also decrease stress

Possibilities:
Art or photography class
Knitting
Scrap booking
Dance
Singing
Fishing
Sports
Join an activity group or club
Seek out friends and family for support
Take a vacation

You don’t have to do all of these suggestions at once. In fact, be careful not to try to make too many changes at once and add to your stress load in the process. Just pick one or two to start with. Small healthy lifestyle changes can lead to big changes in your health and happiness.

For more information, visit us at www.yalestress.org

Remember, seeking professional help is always an option. Some of the people and places you can turn to include support groups, pastors, and therapists.