

TIPS FOR STRESS MANAGEMENT

Effective time management is just one of many ways to keep you from being overwhelmed by stress. Here are a few other methods of stress management that you may want to try.

1. Associate with people that you enjoy being with and who support you.
2. Learn and practice relaxation or meditation techniques.
3. Participate in physical exercise that you find enjoyable. It may help to engage a friend to exercise with you.
4. Try to maintain a balance in your life. Do not let one thing dominate you, such as school work, relationships, a job, sports etc.
5. View life as a series of challenges and opportunities for growth, not as obstacles to overcome.
6. Take responsibility for your life and your feelings. Do not blame others, yourself or look for excuses. Be kind to yourself. Do not become a victim.
7. Keep to a healthy diet and good sleep habits.
8. Find time and a place each day where you can escape and have complete privacy. Short time-outs during the day will help improve efficient functioning the rest of the day.
9. Don't get involved in troublesome and stressful situations or relationships. Take action to change rather than trying to avoid the problem.
10. Think positive, be an optimist not a pessimist.
11. Open yourself to new experiences. Try new things, new foods, new places etc. Develop a hobby.
12. Do not set unrealistic goals or expectations.
13. Do not take drugs or alcohol to deal with stress. This will only compound the problem.
14. When worries and stress start to build up, talk to someone i.e your parents, a trusted friend, your family doctor, your guidance counsellor etc.