

Let's Talk About Stress and Tension

Coping Strategies 101

Let's face it, stress can be a part of everyday life, there's no way to avoid or eliminate it at times. When these times present themselves, the trick is to learn strategies to deal with the stress at hand.

Have Fun



Laughter is the best medicine – If you can't remember the last time you've had a good laugh, it's been too long! Spend time with people you enjoy and do things that you love. Your mind will thank you for it.

Be Active

Stress can make you feel like you don't want to move, that's when exercise is of utmost importance! Exercise as an intervention is so often neglected in mental health care. There are numerous studies showing how exercise can help reduce anxiety and depression.



Avoid Being Critical

Looking at life's situations and other people through a critical eye can be damaging. Cultivate a spirit of generosity and ease up on the criticism of others. A positive attitude and generosity will go a long way!



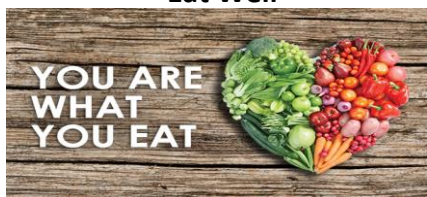
Reach Out



Surround yourself with positive relationships. Have a support system of people you trust so when something bothers you, you can share your feelings.

Help others. Volunteer work can be an effective and satisfying stress reducer.

Eat Well



Alcohol, caffeine, sugar, fats and tobacco all put a strain on your body's ability to cope with stress. A diet with a balance of fruits, vegetables, whole grains and foods high in protein but low in fat will help create optimum health.

Manage Your Time Wisely

Prioritize tasks and follow through. A check list is a handy way to ensure that you stay on track and take care of things that must get done.

It's okay to say no. Honor your limitations and be realistic as to what your schedule will reasonably allow.

