

## **COPING WITH STRESS**

When you are experiencing a high level of stress, you can change the situation or change your response to it. To change the situation, you can use problem-solving skills to avoid, reduce, or change the stressful situation. To change your response, you can accept the stressful situation or adapt to it. You can also establish habits that put you and your health first and help you bounce back from stress when it gets overwhelming.

### **To change the stressful situation, you can:**

- Set boundaries, learn to say no, and look for ways to trim back your to-do list and calendar.
- Evaluate your "plate". What is absolutely necessary and what things can wait, or be delegated.
- Spend time with people whose company you enjoy and, as much as you can, limit the time and energy you spend on people who stress you out.
- Change your environment: do errands online, change your commute, take a break from the news, take a walk to get away from the workplace at break time, set up some time to be alone.
- Express your feelings assertively and respectfully and be prepared to negotiate and compromise with others in order to improve a situation.

### **Not all situations can be changed. To change your own response to stress, you can:**

- Try to reframe the situation. Focus on any positive aspects you can find. For example, rather than fuming about your boss, try focusing on the advantages of having a job and the things you like about it.
- Take the long view. Ask yourself what's going to matter to you tomorrow, in a month, or a year from now.
- Avoid the trap of perfectionism; love yourself for who you are..right now
- Recognize what is beyond your control, and focus your energy on things you can do something about.
- Learn to forgive. You can free yourself of negative energy if you let go of anger and resentments.

### **Healthy habits that will help you bounce back from stress quickly:**

- Talk things over with others. Sharing your feelings with people who are in your corner can help you process and move on.
- Make time for yourself. Set aside time every day to be alone, to relax, discover things that fill you up and bring you a sense of peace and happiness.
- Keep a sense of humor. Learn to laugh at yourself, and look for the funny and absurd in a stressful situation.
- Pray, read scriptures, read uplifting books
- Incorporate service into your everyday life, even small things like a phone call, or short email to lift someone's day, will lift yours as well
- Use deep breathing methods and meditation techniques
- Eat a healthy diet, get enough sleep
- exercise regularly