

Coping with Stress

Ways to Cope with Stress:

- Eat well/eat nutritiously/eat consciously
- Reward self for small accomplishments
- Set goals or plans for when the stress is over (look to the future)
- Plow through the stress with a plan or a solution (get done what needs to be done)
- Be conscious/do not avoid or procrastinate
- Say positive things to myself
- Ask for help when needed
- Talk/connect with friends who are understanding and supportive

What helps to reduce stress through personal change?

- Being informed and having perspective
- Recognizing that change takes time and setbacks are natural
- To be aware of the barriers to change and to make a plan to overcome them
- Sometimes you have to take a leap of faith
- Feeling confident and learn as you go
- Enlist help and support
- Sharing what I want to change to compel me to stay committed
- Positive self talk and encouragement
- Remember my reasons for change
- To reach a point or rock bottom when I say "I can't live like this anymore!"
- To be organized and have a step by step plan
- Be aware of small changes
- Have a plan to deal with setbacks

What does not help change?

- Negative attitudes from others
- Procrastinating
- Being nagged
- Criticism from others and/or family members
- Pressure
- Distractions of everyday life prevents change by changing a person's focus or draining their energy
- Fear of the unknown, of failure