



Managing Stress - Five Points to Remember

1. Control what you can

- Once you perceive a stressor as out of your control, it has the potential of having a more significant impact on you.
- Signs and symptoms of stress may become more pronounced and there may be more adverse effects on your health.
- Thus, it is important to take control of what you can and to do so in positive ways.
- A good place to start is to manage your own response to the stressor by calming yourself down (see #4 below).

2. Choose the positive actions you will take

- The simple act of consciously choosing what you will do in response to the stressor can help you begin to take control in the stressful situation.
- Choose actions and coping strategies that are helpful and life affirming (see #'s 3, 4 & 5 below).

3. Change your negative thinking

- Catching and stopping your negative thinking is essential to stress management and overall emotional health.
- Once you've caught yourself thinking negatively, take a deep breath and replace the negative thought with more realistic thinking.

4. Practice deep breathing

- Deep breathing is possibly the single most important component of a stress management plan.
- The [Deep Breathing](#) handout describes the benefits of practicing deep breathing. Also included there is a guide to the practice of deep breathing.

5. Increase your activity level

- Increasing physical activity is an excellent way to manage stress and improve your overall health. You may want to discuss this with your physician before beginning to exercise.
- There are many different ways to increase one's activity level, from aerobic exercise to yoga to simply doing household chores.
- It's important to choose something that is good for your body and fits your lifestyle.
- If you have any medical issues or health problems please consult with a physician before beginning an exercise program.
- Once you are ready to start, you can check out the link below to access numerous resources on exercise. <http://search.atomz.com/search/?sp-a=sp1000a00e&sp-q=exercise>