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SP526-N-Ways to Stress Less

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BALANCE WORK AND FAMILY

- ❒ Learn to say "no" at work.
- ❒ Set daily and weekly home routines.
- ❒ Share household responsibilities with family members.
- ❒ Make time for yourself.

BREAK THE TENSION CYCLE

- ❒ When tense, breathe deeply.
- ❒ Learn to relax — get away from it all.
- ❒ Keep a sense of humor.
- ❒ Walk away from a stressful situation to pull yourself together.
- ❒ Talk things over.
- ❒ Ask for help.
- ❒ Use positive self-talk.
- ❒ Accept responsibility.
- ❒ Get adequate rest.

For more information on stress and health, contact

Visit the UT Extension Health Program Web site at
http://fcs.tennessee.edu/healthsafety

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UT Extension
SP526-N

Ways To Stress Less

a wellness publication written by
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THE UNIVERSITY of TENNESSEE
INSTITUTE of AGRICULTURE

Only you can control the stress in your life by learning self-care skills and making lifestyle changes. (✓) Check those health actions you plan to try:

TAKE ACTION

- ❒ Control your stress.
- ❒ Don't let stress control you.
- ❒ Identify stressors in your life.
- ❒ Recognize some stressors are controllable and others are uncontrollable.
- ❒ Put your energy into the controllable stressors.

THINK POSITIVELY

- ❒ Positive thinking shields against stress.
- ❒ Negative thinking produces stress.
- ❒ Focus on the positive side of the situation.
- ❒ Be prepared for situations.

CONTROL STRESS WITH EXERCISE

- ❒ Choose exercise you enjoy.
- ❒ Exercise 30 minutes daily, five or more days a week.
- ❒ Take stretch breaks and short walks.

BUILD A SUPPORT SYSTEM

- ❒ Reach out to others.
- ❒ Develop friendships.
- ❒ Vent feelings before they build.

BE A GOOD COMMUNICATOR

- ❒ Use "I" statements.
- ❒ Don't judge or name call.
- ❒ Listen.
- ❒ Use eye contact.

MANAGE YOUR TIME

- ❒ Take time to plan and organize.
- ❒ Be realistic.
- ❒ Break down tasks into small steps.
- ❒ Delegate.