

University of Tennessee, Knoxville Trace: Tennessee Research and Creative Exchange

Health, and Fitness

UT Extension Publications

7-2009

SP526-N-Ways to Stress Less

The University of Tennessee Agricultural Extension Service

Follow this and additional works at: http://trace.tennessee.edu/utk agexheal

Recommended Citation

"SP526-N-Ways to Stress Less," The University of Tennessee Agricultural Extension Service, SP526-N 5M 7/09 (REV) E12-5315-00-002-10 10-0008, http://trace.tennessee.edu/utk_agexheal/30

The publications in this collection represent the historical publishing record of the UT Agricultural Experiment Station and do not necessarily reflect current scientific knowledge or recommendations. Current information about UT Ag Research can be found at the UT Ag Research website.

This Family Health is brought to you for free and open access by the UT Extension Publications at Trace: Tennessee Research and Creative Exchange. It has been accepted for inclusion in Health, and Fitness by an authorized administrator of Trace: Tennessee Research and Creative Exchange. For more information, please contact trace@utk.edu.

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

SP526-N 5M 7/09 (REV) E12-5315-00-002-10 10-0008

Copyright 2005 the University of Tennessee. All rights reserved. This document may be reproduced and distributed for nonprofit educational purposes provided credit is given to University of Tennessee Extension.

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.

University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.

UT Extension provides equal opportunities in programs and employment.



Ways To Stress

Less



a wellness publication written by Barbara (Bobbi) P. Clarke, PhD, RD Professor, Community Health Education Family and Consumer Sciences

THE UNIVERSITY of TENNESSEE **U**

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.