SP526-N-Ways to Stress Less

The University of Tennessee Agricultural Extension Service

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Recommended Citation

Ways To Stress Less

**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.

**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.

For more information on stress and health, contact

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