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## **SP526-N-Ways to Stress Less**

The University of Tennessee Agricultural Extension Service

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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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## Ways To Stress Less



a wellness publication written by  
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Professor, Community Health Education  
Family and Consumer Sciences

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:

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## 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.