

Stress



WINGSPAN:
Center for Learning
and Writing Support

Management Strategies

Avoid unnecessary stress

- Learn how to say “no”
- Avoid people who stress you out
- Take control of your environment
- Avoid hot-button topics
- Pare down your to-do list

Alter the situation

- Express your feelings instead of bottling them up
- Be willing to compromise
- Be more assertive
- Manage your time better

Adapt to the stressor

- Re-frame problems
- Look at the big picture
- Adjust your standards
- Focus on the positive

Accept the things you can't change

- Don't try to control the uncontrollable
- Look for the upside
- Share your feelings
- Learn to forgive

Make time for fun and relaxation

- Set aside relaxation time
- Connect with others
- Do something you enjoy every day
- Keep your sense of humor

Adopt a healthy lifestyle

- Exercise regularly
- Eat a healthy diet
- Reduce caffeine and sugar
- Avoid alcohol, cigarettes, and drugs
- Get enough sleep