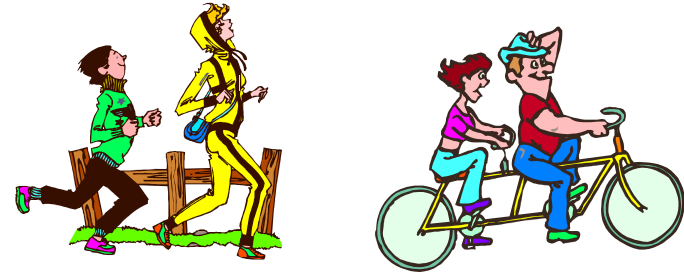


# Tips for Dealing with Stress



## Active Living

- Do activities that you enjoy: walking, gardening, biking, skating
- Be a non-smoker; you will have more energy



## Nutrition

- Eat breakfast – it gives you energy to cope
- Choose a variety of foods from each of the four food groups
- Cut down on caffeine & alcohol

## Time Management

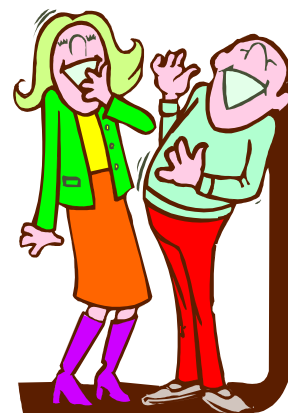
- Plan realistic goals
- Do one thing at a time
- Make a list of tasks you need to do for the day



- Define your goals clearly. **Be accountable to someone for measurable results & timelines.**
- **Understand the big picture; define your place in it.**
- **Make daily planning a priority; use a Master List.**
- Be a partner in planning tasks that take your time.
- **GET AT LEAST ONE COACH; MEET REGULARLY.**
- **Don't put off dealing with procrastination.**
- Take charge of your environment. **Ban clutter.** Use your environment to support you in making changes.
- **Create choice** in everything you do. **Contract out.**
- **Get rid of don't wants; make room for do wants.**
- **Define boundaries. Use transitions.**
- Balance *novelty (new stuff)* and **ritual (familiar stuff).**

## Rest & Relaxation

- Learn to relax
- Practice deep breathing
- Take a break
- Get enough sleep
- Keep your sense of humour



## Relationships

- Family & friends are important supports
- Talk with others – share your feelings
- Ask for help when you need it

## Symptoms of Stress

### Stage 1

- Increased heart rate & blood pressure
- Rapid breathing
- Sweating
- Decreased digestion rate



### Stage 2

- Feeling driven, pressured
- Tiredness, fatigue, anxiety
- Memory loss
- Acute illness, colds, flu
- Increase in smoking, coffee, or alcohol drinking



### Stage 3

- Heart disease
- Mental illness
- Insomnia
- Errors in judgment
- Personality changes

