

Stress Management

According to www.choosehelp.com there are two primary ways in which a person can reduce the amount of stress in their daily life:

1. Reduce exposure to stressors such as: events, situations, people, places, etc. that cause anxiety and stress

2. Learn to manage stress (keep it at a healthy level)

Careers, kids, traffic, educational programs, etc. cannot easily be avoided, but the stress caused by them can be minimized by employing some of the following tips:

Better Time Management - Rather than putting things off to the last minute or racing around the house before getting out the door, try starting projects earlier, prep the night before, or leave for your destination earlier that way if something unexpected comes up there will be more time to work with.

Maintain a Positive Outlook - Keep in mind that there aren't many messes in life that cannot be undone, therefore as situations arise that are less than optimal try viewing them as learning opportunities or from a positive perspective. The easier it is to clean up a small mess and move on, the easier it will be to handle larger more complicated situations as they arise. Therefore, don't sweat the small stuff.

Relinquish Control and Go with the Flow - Accept things you cannot change and adapt to them accordingly. There are some things in life that are 100% out of our control, so try and make the best of them rather than expending too much energy on them.

Put it Into Perspective - Avoid dwelling on something that will have little impact in the grand scheme of things. Assess how important something is in relation to the big picture or to the desired outcome. Items of higher importance should receive time and attention, and vice versa.

Minimize Perfectionist Tendencies - Not everyone is a perfectionist, but aspiring to perfection eats up time and can easily lead to disappointment when the desired outcome does not measure up. Lower standards in areas that are not as important can reduce stress especially for individuals who strive for perfection in many areas of life.

Maintain a Healthy Lifestyle - Get good sleep, eat right, & exercise. These sound like obvious factors, but when neglected, they can become barriers to successfully managing stress even while implementing other good practices.