

Stress Management Techniques

The goal in stress management is to reduce or eliminate stress. Stress management techniques help individuals learn to deal with difficult situations. Techniques for stress management include:

- Learn to manage time wisely in order to be productive.
- Avoid overload or doing too much at one time.
- Delegate work to others when possible.
- Prioritize tasks and deal with them one at a time.
- Reward oneself for completing or reaching a goal.
- Learn to relax by breathing deeply.
- Exercise for thirty minutes a day, three times a week. Exercise is great for the mind and body.
- Express feelings of concern to a friend, family member or counselor.
- Think positively and realistically to avoid worrying about things that cannot be changed.
- Make time for fun!
- Avoid self-medication to prescribing medication for oneself without either a prescription or the advice of a physician for using that particular drug.
- Recognize personal limits to avoid overextending oneself.
- Sleep seven to eight hours per day. Being rested enables one to handle stressful situations.
- Maintain a nutritious diet.

