Ways To Stress Less

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
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:

**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.