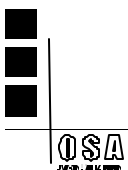




13 STRESS BUSTERS

Tip Sheet

For more information or to schedule a workshop please contact IDEAL at 392-1655 ext. 311



- 1. Laugh.** It's one of the healthiest antidotes to stress. When we laugh, even smile, blood flow to the brain is increased, endorphins (painkilling hormones that give us a sense of well being) are released, and levels of stress hormones drop.
- 2. Get Rid of Anger.** It is the single most damaging stress-related personality trait that precedes a heart attack.
- 3. Be Decisive.** Indecision prevents you from taking action, causing a loss of a sense of control and thus intensifying stress.
- 4. Be Assertive.** Stand up for your decisions, express your feelings, and disagree with others when you feel differently, give, as well as accept, compliments.
- 5. Get Some Sleep.** Lack of adequate sleep can make you moody, angry and more vulnerable to illness and the daily stresses that stalk you.
- 6. Adapt Your Environment.** Color, lighting and noise are all elements that engage and influence our senses.
- 7. Encourage Yourself.** Negative self-talk is a major stress maker. Those who accept mishaps as largely routine and normal occurrences in life and who talk to themselves in positive terms about these events have higher self-esteem and much lower stress levels.
- 8. Choose Winners.** Seek the company of those who are optimistic and have high self-esteem. They tend to have low stress levels and contribute to lower stress levels to those around them.
- 9. Reward Yourself.** Those who reward themselves by engaging in something pleasurable realize a boost in the disease-fighting quality of their immune systems for several days.
- 10. Delegate.** Those who don't learn to delegate become overloaded with unfinished tasks - making them stressed, less productive and isolated by their excessive expectations.
- 11. Don't Procrastinate.** It lessens productivity, not only compounding stress but also causing the stressful by-products of guilt, anger and low self-esteem.
- 12. Live by Lists.** Having a daily written list of what you expect to do will help you become more realistic about your schedule and remind you of tasks you do not want to forget. By listing a task, you also relieve stress by removing the thought from your mind, which helps to lessen mental overload, a common occurrence in stressed people.
- 13. Relax. Breathe deeply.** Visualize something pleasurable. Meditate. Concentrate on present, tangible situations. Inhale aromatic oils. Listen to soothing music.