

LIFESTYLE RECOMMENDATIONS

Stress is not necessarily a bad thing, and can actually be a stimulus for positive change and growth. But excess stress can be detrimental. Here are some tips that can help you reduce the effects of stress in your life.

1. Set boundaries at work and home. Remember one person can only do so much. Choose to let some things go and give yourself wholeheartedly to those you keep. Encourage yourself to say “no” when you need to.
2. If possible, take action to change situations that are troubling you. Know when to face up to the things that are causing you anxiety and when to let things go. Ask for support if you need to.
3. Set aside time to talk to your family and friends about your concerns. Let them know you are feeling anxious or pressured. Use “I” statements, for example, “I feel stressed. I have deadlines at work and feel I can’t keep up at home.” Your loved ones will appreciate the chance to lend a hand as opposed to being blamed.
4. Honor a time and space for your own relaxation. Be willing to “stop the world and get off” even it’s only for half an hour after work every other day or a two-hour walk once a week. Make a commitment to yourself that nothing encroaches on.
5. Try new things, like a new, nutritious and tasty food — or even a new bodywork technique like Reiki or stone massage!
6. Assign yourself a time to “fret.” Then get on with your day-to-day activities with enthusiasm.
7. Take a painting, writing or photography class. Check the newspaper, colleges, community centers and bulletin boards to find one.
8. Take your breaks at work. Get outside for a walk or do simple stretches for 10 minutes.
9. Laugh. Watch comedies and read humorous books. Get together with people who know how to look at life on the light side.
10. Take a weekend, or just a morning, away from your obligations and worries. On your getaways, leave work and worries behind. If that’s difficult, try writing down your worries or “to-do’s.” Then tuck the list away, knowing you can get back to it after your time away.
11. Express your creativity. Write down your memories, grow flowers and herbs, or knit a sweater.

Provided by:
Therapy Designed for You
82 Palomino Lane, Suite 501
Bedford, NH 03110
603/627-7681

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