

# Strategies To Cope With Daily Stress

Managing stress is all about taking charge: taking charge of your thoughts, your emotions, your schedule, your environment, and the way you deal with problems. **The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun** - plus the resilience to hold up under pressure and meet challenges head on.

## AVOID UNNECESSARY STRESS

- Learn how to say no
- Avoid people who stress you out
- Pare down your "to-do" list
- Take control of your environment

## ALTER THE SITUATION

- Express your feelings instead of bottling them up
- Be willing to compromise
- Be more assertive
- Manage your time better

## ADAPT TO THE STRESSOR

- Reframe problems
- Look at the big picture
- Focus on the positive
- Adjust your attitude

**TODAY I WILL  
BE HAPPIER  
THAN A BIRD  
WITH A  
FRENCH FRY**



## ACCEPT THE THINGS YOU CANT CHANGE

- Don't try to control the uncontrollable
- Share your feelings
- Learn to forgive
- Look for the upside

## MAKE TIME FOR FUN AND RELAXATION

- Set aside relaxation time
- Keep your sense of humor
- Do something you enjoy everyday

## ADOPT A HEALTHY LIFESTYLE

- Exercise regularly
- Eat a healthy diet
- Reduce caffeine and sugar
- Get enough sleep

## **Exercise and It's Effect on Stress**

- Exercise provides distraction from stressful situations, as well as an outlet for frustrations.
- Physical activity can protect against feelings of distress, defend against symptoms of anxiety, guard against depressive symptoms and the development of major depressive disorder and enhance psychological well-being.
- Exercise acts as a buffer to the overflow of hormones that accumulate from daily stress.



# EXERCISE

Some motivation required

**Exercise bouts of 30 minutes (but no longer than 60 minutes) appear to have the best "stress-reducing" benefits.**

Any type of exercise will do, running, swimming, cycling, hiking, boxing etc. As long as the physical activity is moderate to vigorous with regular participation. This reduces stress more effectively than low-intensity activities.

**Get creative and find an activity you are going to thoroughly enjoy so you are more likely to stick with it!**