

# Ten Tips for Coping With Stress

- Concentrate on the present. Dwelling on the past or worrying about the future won't change it.
- Prioritize. Take on one task at a time. Enjoy a sense of accomplishment when a task is completed.
- Don't demand perfection. Ease up on yourself and those around you. Accept that everyone has both strengths and shortcomings.
- Adjust your attitude. Negative self talk isn't helpful. Give yourself hopeful and positive messages.
- Share your feelings with a caring friend or family member.
- Maintain a daily routine. A familiar pattern of activities can decrease stress and increase your sense of security.
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- For additional help contact your health care provider, employee assistance program or spiritual advisor.
- Exercise every day. Go for a walk and concentrate on your surroundings instead of your problems.
- Relax. Try slow deep breathing. As you exhale let the tension leave your body with your breath.
- Get plenty of sleep. Go to bed at a reasonable hour. Don't take your problems to bed.



take it **EASY!**

**Sources:** National Mental Health Association  
[www.nmha.org](http://www.nmha.org), accessed May 2005  
The Mental Health Association of Minnesota  
[www.mentalhealthmn.org](http://www.mentalhealthmn.org), accessed May 2005