

Coping with Stress

1. ***Be realistic about the amount of responsibility you can currently handle.
2. Use a planning schedule to fit your personality and lifestyle.
3. ***Prioritize your work responsibilities; do urgent and important tasks first.
4. Schedule rewards and be mindful of the balance of work and play.
5. Plan on arriving at class, work, and appointments a few minutes early.
6. Speak, eat, drive and move at a more relaxed pace.
7. ***Get a sufficient amount of sleep.
8. ***Exercise your body in some way each day.
9. ***Eat nutritiously.
10. Seek enjoyment in the *doing* of things rather than focusing so much on the end result.
11. Practice in your mind new ways to respond to stressful situations before actually encountering them.
12. ****Plan* for the future instead of *worrying* about it.
13. ***Schedule a time each day to nourish your spirit through reading, prayer, meditation, music, journaling, connecting with someone, etc.