

SOME POSSIBLE WAYS OF REDUCING STRESS

1. Improve communication ability with family, friends and physicians.
2. Learn to say no without feeling guilty.
3. Become more aware of your body; as tension begins to build up remind yourself to calm down and that you can only take one step at a time.
4. Accept the uselessness of guilt and worry and develop the ability of letting go.
5. Learn to recognize anger and deal with it in appropriate ways once it occurs.
6. Do things each day that are nurturing to you - stop to smell the flowers, pet the dog, watch the sunset, paint a picture.
7. Plan some alone time for rejuvenation everyday.
8. Do some exercise everyday - within your physical limitations.
9. Tackle only one day at a time.
10. Keep life fresh. Change routines, vary menus and hairdos, experiment with furniture arrangements. Pick a new place to eat instead of frequenting the old reliable haunts.
11. Develop a sense of humor. Laugh out loud everyday. Remember to smile lots in between.
12. Acknowledge that you can only change yourself - not others.
13. Accept the fact that it is a less than perfect world - medications can have side effects, doctors can be grouchy, and families are not always understanding.
14. Have the personal courage to be imperfect. Stop trying to be the perfect mother, father, wife, homemaker, employee, or whatever. You'll never make it and besides you'll never be fully appreciated for your efforts! The best mothers, secretaries, bosses, etc. are the people who are happy and feel good about themselves.
15. Remember that neither chemicals nor alcohol solve problems. Get help in reducing dependencies if they exist.
16. Get unpleasant but necessary tasks out of the way quickly instead of putting them off. A feeling of relief is an absence of tension.

17. Uncertain and unresolved relationships are a psychological drain. If in all probability you are going to end a relationship, do it now rather than think about it for years.
18. Make other major life changes (marriages, divorce, and moving, changing jobs) - if necessary. Although stressful now, these actions may help ensure a less stressful future.
19. Simplify your life as much as possible.
20. Try to love and respect yourself at all times, but don't be disappointed when you don't succeed.
21. Seek counseling help when you are aware of extra stress.
22. Use relaxation techniques whenever you feel the need.