

# Stress and Coping Strategies

## Situational Stress

1. Organization: When life is stressful and busy, being organized in work and home life will help keep you on track and not forget about important details.
2. Personal Vision: Having a purposeful vision for your life will help when you start to become overwhelmed and discouraged. Remembering your personal guiding principles will help with decision making and keeping grounded.
3. Supportive Relationships: Stay in contact with people who are purely supportive of you and your current situation. This could be close friends or on-line support groups.
4. Daily Rituals: Develop and maintain daily rituals that will give you a sense of stability when changes in your life are occurring. Daily rituals can include making your morning cup of coffee, taking a lunch walk, yoga...anything that is soothing and calming to you.

## Physical Stress

1. Eat Well and Exercise: You don't have to go on diets or do extreme exercise. Just be mindful of what and how you eat and perhaps take a brief walk during your lunch break.
2. Rest and Sleep: Self-care is important to relieving stress. Ensure you are getting both quality and adequate sleep...it will make you more productive and happier in the long run. Naps are good too, or just a few minutes of "down time" during the work day. If you think you don't have enough time, studies show that even a few minutes of rest lead to more productivity.
3. Goals: Having goals will help you to remember what your priorities are when you are under stress. They can be a compass when you feel uncertainty among all the stress.

## Emotional Stress

1. Build Self Esteem: Work toward changing your internal negative talk into positive affirmations.
2. Develop Assertiveness: Between passivity and aggression lies assertiveness. Learn to maintain your own rights, needs, and feelings while maintaining the rights, needs, and feelings of others.
3. Communicate Expectations: Begin to acknowledge and communicate your expectations. People can read your mind, so we need to let others know what you want and expect in any given situation.