

# COPING STRATEGIES FOR DEALING WITH STRESS



\*Pick only two or three of these items to work on. If you focus on too many items all at once, you might cause an increase in your stress level.

## Perspectives

- Notice early signs of stress by the presence of uncomfortable anger, depression, apathy, resentment, or negative thoughts about others.
- Plan for and work for the outcomes you want and then accept what comes. Life happens!
- Plan for the future instead of worrying about it.
- Learn from the past instead of feeling guilty about it.
- Practice in your mind new ways to respond to stressful situations before actually encountering them.
- Calm your upset feelings with calming thoughts. Talk to yourself in a positive way when you are experiencing a stressful situation.
- Remember that you are not in competition with others and that their accomplishments cannot diminish you.
- Deal with the source of the stress. If tension comes from a relationship, talk out your differences. If it comes from an unfinished task, do something toward finishing it.
- Think of the long-term perspective and let go of the little things.
- Speak, eat, drive and move at a more relaxed pace.
- Seek enjoyment in the doing of things rather than focusing on the end result.
- Consider how dealing with your current stress could be beneficial for you in the future.
- Laugh and look for humor in life.
- Smile.

## Planning and Doing

- Be realistic about how much you can do. Prioritize.
- Plan on arriving at class, work, and appointments a few minutes early. Be prepared for delays by carrying a book to read.
- Use a planning schedule that fits your personality and life style. Avoid scheduling several back-to-back appointments without some breaks between them.
- Do difficult and important tasks before easy ones. Work before play.
- Plan in breaks, recreation, weekends off, & vacations

## Physical , Emotional, and Spiritual Health

- Take some time each day to nourish your spirit by praying, meditating, reading or listening to uplifting music.
- Do something each day which will last beyond tomorrow: write in a journal, teach a child, make something, read a book, build a relationship.
- Exercise your body in some way each day.
- Get on a regular sleep schedule and get enough sleep for maximum energy and brain power.
- Eat nutritiously.

## People

- Plan time with friends and family, otherwise, work will magically expand to fill whatever time is available.
- Improve your interpersonal communication by sharing your feelings and desires using phrases like: "I feel. . . when you. . ." "I would prefer. . . Because. . ."
- Respond with a kind "no" to unreasonable requests.
- Do something for others.

Counseling & Psychological Services



**Stress Management &  
Biofeedback Services**

Brigham Young University