

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