

## Stress Management DIY

- **Identify the stressor** – the causes of stress
- **External Causes of Stress**
  - Major life changes
  - Work
  - Children and family
  - Relationship difficulties
  - Financial problems
  - Being too busy
  - Environment
  - Unpredictable events
- **Internal Causes of Stress**
  - Inability to accept uncertainty
  - Unrealistic or high expectations
  - Perfectionism
  - Negative attitudes and feelings
  - Lack of assertiveness
  - Lack of self control
  - Irresponsible behavior
  - Lack of social skills or social connections
  - Poor health and health habits
  - Spiritual loss such as loss of a purpose in life
- **Avoid the stressor**
  - Know your limits and stop when you're close to reaching them
  - Pare down your to-do list
  - Say "no" to added responsibilities
  - Avoid people who stress you out
  - Take control of your environment
- **Alter the stressor**
  - Communicate your concerns in an open and respectful way
  - Deal with problems head on, doing your best to anticipate and prevent them
  - Manage your time better and set priorities
- **Adjust your attitude**
  - If you can't change the stressor, change yourself
  - Improve social skills
  - Don't try to control the uncontrollable
  - Turn negative thoughts into positive thoughts
  - Try to view stressful situations as opportunities for personal growth
  - Stop setting yourself up for failure by demanding perfection
  - Accept the fact that we live in an imperfect world and that people make mistakes
  - Take a moment to reflect on all the things you appreciate in your life instead of focusing on the stressor
  - Talk to a trusted friend or make an appointment with a therapist

- **Release your fight/flight energy**
  - Regular physical exercise
  - Laughter: make “have fun” your motto
  - Journal: keep a stress journal
  - Friends: connect with others
  - Hobbies: do something you enjoy every day, such as: read a good book, listen to music, watch a comedy, play with a pet, or spend time in nature
  
- **Relax your fight/flight energy**
  - Set aside relaxation time
  - Deep breathing
  - Deep relaxation
  - Meditation
  - Long baths
  - Human touch
  
- **Adopt a healthy lifestyle**
  - Exercise regularly
  - Get enough sleep
  - Eat a healthy diet
  - Get organized
  - Reduce caffeine and sugar
  - Avoid alcohol, cigarettes, and drugs