

## *Suggestions for Coping with Stress*

- *Learn to accept what you cannot change.*
- *Journaling your feelings and activities can help you see things more clearly.*
- *List your successes.*
- *Practice good posture.*
- *Listen to feedback from others.*
- *Set goals realistically.*
- *Seek out good friends.*
- *Think positively.*
- *Get enough sleep.*
- *Laugh.*
- *Enjoy leisure.*
- *Celebrate yourself; you are unique.*
- *Meditate daily.*
- *Figure out ways to achieve your goals.*
- *Stop living in the future or in the past.*
- *Practice self-expression; be honest about how you feel.*
- *Develop your personal talents.*
- *Relax.*
- *Exercise regularly.*
- *Spend time alone.*
- *Control your food intake; eat nutritionally.*
- *Share yourself with friends and significant others.*
- *Make decisions.*
- *Encourage gentleness in yourself and others.*
- *Sing.*
- *Face life with dignity.*
- *Organize your work.*
- *Make your living environment comfortable.*
- *Take vacations.*
- *Get a medical checkup.*
- *Play.*
- *Engage in spiritual and/or religious activities.*
- *Redefine your priorities.*
- *Learn to ask for what you need in a straightforward way.*
- *Treat yourself to a hobby and pursue it.*