



CONTROLLING STRESS

Everyone has to deal with life's problems. A key to dealing with the big and little everyday stressors is positively coping with stress.

1. **Acceptance**

Many of us worry about things we have no control over. For example, family illness, a great deal of change at work, or finding out that your basketball team lost.

One way to manage stress is to accept when things are beyond your control.

It may be helpful to think positive thoughts such as, 'Someday I'll laugh about this, or "It's a learning experience".'

2. **Attitude**

Try to focus on the positive side of the situation.

- Ask yourself, "What good can come out of this?"
- "What can I learn from this situation?"
- "How can I handle this better when it comes up again?"

Solutions come easier when you focus on the positive and your stress level will reduce.

3. **Perspective**

We often worry about things that never happen. Keep things in perspective by asking yourself "How important is this situation? Can I do anything about it? In five years, will I even remember it happened?"

- Think about the situations in your life that cause you stress.
- Are they important or unimportant? Are they controllable or uncontrollable?
- If they are controllable events, you can take action to change the situation; if they are uncontrollable, you can use your skills in acceptance, attitude, and perspective to reduce stress.

PUT IT INTO PERSPECTIVE