

## Lorain County General Health District



# Stress Management Tips

"For The Health of Us All"

*Stress can be the spice of life as well as the kiss of death. It only becomes a trap if you allow it to be - If you believe you are helpless in the face of life's forces. But that is a belief, not a fact. Your inner resources make the difference, and you can strengthen these resources. You can recognize the signs of stress in your life and learn techniques to cope with them. You can make stress work for you.*

**Robert S. Eliot & Dennis L. Breo, "Is It Worth Dying For?"**

**Take care of yourself.** Pamper yourself. Treat yourself to time alone, a massage, or a quiet book. Get plenty of rest/sleep, eat right and exercise. Don't smoke and limit alcohol intake. Engage in a hobby, craft or activity that you find enjoyable and fulfilling.

**Keep a thought journal.** Writing your feelings in a journal or on paper can help you get things off your chest. This type of journal is not meant to be a "personal history" but rather an expression of your inner feelings.

**Don't do more than is possible in a day.** Practice time management. Decide what needs to be done and prioritize. If it doesn't get done, don't sweat the small stuff.

**Talk to someone.** It helps to share your frustrations with others who will listen. Talk to a trusted friend or family member.

**Put things in their place.** Stress can develop in a cluttered environment. Take a few minutes at the end of the day and pick-up.

**Practice a stress management technique.** Try deep breathing, visual imagery, progressive relaxation, listen to music, doodle or draw, practice positive self-talk, do yoga, meditation or indulge in aromatherapy.

**Volunteer.** Service to others can quickly make us forget our own problems.

**Laugh and laugh often.** Enjoy a comedy, tell a joke or share good times with family and friends.

**Clarify your values and live by them.** Identify your values, goals and priorities. Evaluate where you are now in relation to them, and develop a plan to move to values and goals that are really important to you.

**Seek professional help when necessary.** Sometimes we need help to deal with stresses that are too overwhelming to handle alone. Remember it is okay to ask for help.

Source: **National Information, Support and Referral Service on Shaken Baby Syndrome**  
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