

## 12 Tips on How to Recognize and Control STRESS

1. TALK OVER YOUR WORRY. Everyone needs to do this at different times in their life. Choose a friend, relative or professional helper you can trust.  
*Some Results:* You will have relief from strain and be more able to see what you can do about your problem.
2. ESCAPE FROM YOUR PROBLEM – EVEN IF ONLY FOR A SHORT WHILE. Lose yourself for a while in a change of scene, or an interest. There is no merit in “sticking it out” and suffering.  
*Some Results:* Afterwards, your head will be clearer and you will be able to come back and tackle your problem.
3. USE UP ANGER BY PHYSICAL ACTIVITY. Channel your anger into a job that needs doing, or take a long walk or play a game. If you can’t do any of these, punch a pillow – lots of times.  
*Some Results:* You will “let go” of your anger instead of bottling it up, which causes more tension.
4. GIVE IN TO OTHERS – OCCASIONALLY. This is easier on your nervous system in the long run and you’re the one who counts. Only children stay obstinate and defiant all the time.  
*Some Results:* You will feel a relief from pressure and develop a stronger sense of maturity.
5. DO SOMETHING FOR SOMEONE ELSE. Even a smile or a generous word is a good start. Add to this daily.  
*Some results:* It will help you to feel less isolated with your worry and start to turn your thoughts outwards.
6. DEAL WITH ONE THING AT A TIME. Select the urgent tasks first and get on with them, forget the rest for the time being. Tension and worry makes even an *ordinary day seem unbearable. This need not be a permanent state.*  
*Some Results:* This will help you to achieve something and the other tasks will seem easier when you get around to them.

7. TRY NOT TO BE A PERFECTIONIST IN EVERYTHING. If you expect too much of yourself all the time you can create a constant state of worry and anxiety. Decide which things to do well and put your major effort into these first.

*Some Results:* You will avoid an open invitation to yourself to fail, and probably make life easier for yourself – and others.

8. TRY NOT TO BE TOO CRITICAL OF OTHERS – OR YOURSELF. Concentrate on other people and your own good points and try to understand and develop them.  
*Some Results:* You will probably feel less frustrated and let-down by yourself and others.
9. DEVELOP CO-OPERATION WITH OTHERS, NOT COMPETITION.  
*Some Results:* You will have less emotional or physical tension over reaching goals – real or imaginary.
10. MAKE YOURSELF AVAILABLE TO OTHERS – MAKE THE FIRST MOVE OCCASIONALLY. Neither push too much nor withdraw too much. Feelings of rejection and neglect are very painful but are often self-imposed.  
*Some Results:* At least you will know you've made an effort and this will build your confidence.
11. PLAN YOUR RECREATION TIME, HOWEVER SHORT. Allow some time for a hobby or recreation. Unplanned time often becomes wasted time. Make variety part of the planning.  
*Some Results:* You will return to work, or your problem with a fresher outlook.
12. LEARN METHODS OF EXERCISE AND RELAXATION AND PRACTICE THEM DAILY. You are aiming to be in control of your body and learning how to counteract tension and anxiety.  
*Some Results:* You will unlock tension in every part of your body, and even prevent tension in the future.

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DON'T WASTE ENERGY TRYING TO EMPTY  
YOUR LIFE OF WORRYING THINGS –  
YOU COULD BE FILLING YOUR LIFE WITH  
WHOLESOME THINGS!

