

WAYS TO COPE WITH STRESS:

* IDENTIFY YOUR SOURCES OF STRESS

Make a list of the things that make you tense. Remind yourself that stress is a result of how you *react* to things - it's not caused by the things themselves.

* REACH OUT

Talk to a friend, family member, or counselor you can trust about how you are feeling. Identify your sources of support and use them when you are feeling stressed. Just opening up to someone who cares can make you feel better.

* SET REALISTIC GOALS

Don't make goals for your career, family, friendships, etc. too easy - or too hard. Try to improve aspects of your life, without the expectation that things will be perfect.

* BE GOOD TO YOURSELF

You can't control how others treat you, but you can control two things: how you respond to their actions and how you treat yourself. Be sure to:

- 1) Eat properly.
- 2) Get the appropriate amount of sleep your body demands.
- 3) Exercise at least three to four times a week for 20-30 minute intervals.
- 4) Do things that you enjoy - **TREAT YOURSELF ONCE IN A WHILE AND REWARD YOURSELF WHEN YOU MEET YOUR GOALS.**

* FIND WAYS TO "LET GO OF YOUR ANGER"

If a problem gets you worked up, do something to calm yourself down. Know yourself and what works best for you when you get angry (listening to music, working outdoors, exercising, etc.).

* LEARN RELAXATION METHODS

- 1) Go to quiet place alone.
- 2) Close your eyes and picture a peaceful scene.
- 3) Imagine yourself there, and take a break from your worries.

* USE POSITIVE "SELF-TALK"

When you're faced with a difficult situation that seems impossible, give yourself a "pep talk", to encourage yourself through it. We can be our best RAH-RAH!!