

# STRESS AND YOUR HEALTH

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## **FORMULA for coping with stressors:**

1. Identify the stressor and its source (not always easy, may need assistance)
2. Identify the consequences (what it is doing to you)
3. Explore practical strategies
  - a. eliminate the stressor (not always possible)
  - b. change my cognition-the way I perceive and interpret events
  - c. reduce the physical effects-relaxation techniques
4. Implement strategies
5. Evaluate success

## **EVENTS ARE NEUTRAL**

That the birds of worry and care fly above your head,

this you cannot change,

but that they make nests in your hair,

this you can prevent (Chinese Proverb).

WHEN WE CANNOT COPE, ADAPT, ADJUST IN A HEALTHY WAY TO STRESS,  
IT BECOMES DISTRESS. THAT IS THE PROBLEM THAT OFTEN RESULTS IN  
DIS-EASE.

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**SOME HEALTHY WAYS OF COPING WITH THE STRESSORS OF LIFE**

(Choose at least one and begin now.)

1. Practice worry control. Catastrophizing is just a series of “what ifs.”  
**What ifs are not reality.**
2. If your schedule seems to keep you continually tired, **set aside some self-indulgence time**, everyday, even if it’s only a few minutes.
3. If you have had a number of major changes in your life within the past year, don’t overstress yourself by adding more.
4. Remind yourself that **not everyone** has to like you.
5. Sometimes **hurt** helps people **grow**.
6. Others do not **make** you act a certain way. **You choose** to act that way.
7. **Don’t make the excuse**, “I’m the way I am because of something that happened a long time ago and there is nothing I can do about it.”
8. **Others** cannot **make** you feel guilty unless you accept the guilt.
9. **Learn to accept** what you believe you cannot change. (If you cannot change it then find a different way to deal with it).
10. You are **not perfect** and sometimes make mistakes.
11. Allow yourself to be human and **express feelings**.
12. Don’t use the **excuse**, “it’s not me that makes me upset it’s the impossible situation I find myself in.”
13. Don’t be controlled by “**shoulds and oughts**”.
14. **Sometimes selfish is “ok”** – because if your not good for and to yourself then you probably won’t be good for anyone else.

15. **You can control your mind.** Stop yourself from dwelling on negative thoughts.
16. After weathering a tense situation try to **analyze the way you coped** (or didn't) and learn for the next time.
17. Pay attention to and truly **enjoy your uplifts**, the small ordinary things that make you feel good.
18. Keep work and non-work life separate.
19. **All jobs do not have to be completed within a deadline. (We often create our own deadlines).**
20. **Temporary withdrawal** can be re-creative.
21. **Flexibility** allows you to bend (cope), rigidity makes it difficult.
22. Take some time to **set priorities** concerning daily tasks (do important ones first and feel better).
23. The only difference between a "rut"(constant routine) and a grave is the depth.
24. **It's never too late** to learn and apply a new way to deal with life.
25. If you don't know how old you are, **how old do you feel?**
26. Learn to **use leisure activities** to relieve stress. ( Exercise, hobbies, warm bath, reading, etc.)
27. **Regular sleep, exercise, proper nutrition** and generally good health behavior make people fit to cope.
28. If you are suffering from anxiety, depression, tension, frustration, boredom or any stress related symptom, **consider outside help** (friend, counselor, therapist, physician, etc.)
29. **Use relaxation exercises** when it becomes necessary. (Deep breathing, stretching, meditation, massage, progressive relaxation, biofeedback, yoga, fantasizing or daydreaming or any other that works for you).
30. **Life is great**, it just doesn't always feel that way.
31. Live each day as if it's your last. One day you will be right.
32. **Events are neutral** – it's how you adjust, adapt or cope that's important.