

SUGGESTIONS ON HOW TO DEAL WITH STRESS AND TENSION

TALK IT OUT

Find a confidant (clergy, relative, friend, advisor) and release those worries instead of keeping them bottled up. The solution is often discovered while talking out the situation.

ESCAPE

Lose yourself in a good book, movie, game, or take in a change in scenery with a brief trip. You will not solve your problems by standing there and suffering. But be prepared to return and lead with the problem when you are in a better frame of mind.

WORK OFF ANGER

Do not lash out at a provoker or a prospective provoker; let the impulse pass. Instead, use your energy doing something constructive, like cleaning the house, or taking a walk, or playing tennis.

GIVE IN OCCASIONALLY

Even if you believe you are right, it is sometimes easier and less stressful if you yield a little; others may yield in response.

TAKE ONE THING AT A TIME

An ordinary workload can sometimes seem unbearable if you are under tension. Remember this will pass; it is temporary. Take the more urgent tasks, do them, and then go to the next thing.

SHUN THE SUPERPERSON URGE

Do not expect too much from yourself. A constant state of worry will be the result. No one is perfect. Put your energy into those things you do well and that will give you the most satisfaction.

GO EASY WITH YOUR CRITICISM

Some persons expect too much of others, and feel let down when the other person does not measure up. Instead of criticizing, search out the other person's good points and help her/him to develop them.

GIVE THE OTHER PERSON A BREAK

When people are under emotional tension, they often feel that they have to "get there first" to edge out the other person, no matter if the goal is as trivial as getting ahead on the highway.

MAKE YOURSELF AVAILABLE

Many persons feel they are left out, slighted, neglected and rejected. The fact is others may be eager for us to make the first move. It is possible we are deprecating ourselves. It would be healthier to make some of the overtures instead of always waiting to be asked.

SCHEDULE YOUR RECREATION

Many persons drive themselves so hard they leave too little time for fun. They find it difficult to take the time. A set routine and schedule would help them. It generally is desirable for almost everybody to have a hobby that takes in their off-hours time; one in which they can throw themselves totally, forgetting work.