

How Do You Beat Stress?

Take short breaks - Re-energize! Taking a break if only for a short time, can give you a fresh perspective.

Learn time management - Set priorities. Decide what needs to be done now, and what can wait.

Talk it out - Talking out problems with a friend or family member helps relieve stress and puts troubles in their proper perspective. Somehow, our capacity to handle problems expands when we talk them out.

Balance work with play - Look at life in its total context: the good and the bad together, and put distress in its proper place.

Set realistic goals - Expecting too much in too little time can be unrealistic and can create a stressful situation. Success is important in building a positive self-concept and feelings of self-worth. Stress can be dealt with more easily when you feel good about yourself.

Anticipate stress - Think ahead about possible stressful events and plan ways to react. You will often find the actual situation is not as stressful as anticipated.

Find help - When stress overwhelms you, seek professional help.

CONCERN[®] Services 513-891-1691 / 800-642-9794
www.trihealth.concernservices.com