

STRESS BUSTERS

1. **Do one thing at a time**

2. **Learn to enjoy solitude and silence.**

Find time to be alone at least once a day (walking, driving, reading, bath, bedroom) Use the time to reflect on your physical, mental and spiritual health. Remind yourself of how important it is to take care of yourself, that you are really worthwhile.....or just appreciate your surroundings

3. **If you are faced with an unpleasant task, do it early in the day.**

Decide how long you can afford to worry about something. Most people have energy in the morning. Getting the task over with eliminates stressful worrying.

4. **Be kind to unkind people.**

Resolve that you don't deserve to be hurt and recognize when someone is being unkind. Choose to be different than the unkind person and decide not to participate. Show kindness as a measure of who you are regardless of the characteristics or behaviour of the unkind person.

5. **Do at least one enjoyable thing every day.**

Each morning decide what enjoyable thing you will do...calling or e-mailing a friend, hugging someone, listening to a radio program, reading, or watching you child play.

6. **Get enough sleep.**

Decide on bedtimes and wake-up times. Develop rituals. Avoid snacks and drinks late at night, read before retiring, reflect on your day. Wake up 15 minutes earlier so you're not rushed.

7. **Make friends with positive people.**

Make a list of friends and acquaintances and divide it in 2.... Pay attention to the positive, shy away from the negative.

8. **Say "no thanks" to extra projects you don't have time for.**

Learning stall and think tactics: "tell me more" (clarify), "sounds interesting, let me think about it", or "let me check my calendar", or "I'll see what's going on at home" "I'll get back to you" In the case of work: "my plate is really full and I don't know if I can give this my full attention right now", negotiate a time line.....

9. **Take care of your body.**

Move your body. Exercise may be a bad word, but climb stairs, stand and flex at work or in front of the tv, ride a bike, walk to the store, garden. Keep track of your consumption of junk food, caffeine, alcohol and drugs.

10. **Plan your day.**

Before each day begins - in the morning or at night - (especially if you tend to worry about the next day) jot down your priorities for the next day and items that can wait. Write down time alone, small easy things to do (tell your child you love her), mix difficult with pleasant tasks, break down large tasks into small units over a week. Eat meals together.