

## **Five Strategies To Help Reduce, Prevent & Cope With Stress**

By: Richard O'Brien

Stress help is all about taking charge of your thoughts, your emotions, your stressful schedule, your environment and the way you deal with problems. The ultimate goal is to balance your life with time for work, relationships, relaxation and fun. Plus the strength to hold up under pressure and meet new challenges.

Stress help starts with identifying the sources of stress in your life. This is not as easy as it sounds; your own true sources of stress are too easy to overlook including thoughts, feelings and behaviors. Below are some strategies to overcome your daily stress.

### **Strategy #1:**

Stay away from unnecessary stress. Not all stress can be avoided and it's not healthy to steer clear of a situation that needs to be addressed. Learn to say "No;" refuse to accept added responsibilities when you're close to your limit.

Avoid individuals who stress you out and take control of your environment, such as limiting bad news on TV, traffic and other things that make a simple task such as going to the market unpleasant.

Avoid hot topics, if you get upset over religion or politics cross them off. List all your most important schedules, responsibilities and daily tasks.

### **Strategy #2:**

Adjust the situation. Decide what you can do to change some things, so the problem doesn't present itself in the future. Express your feelings. If you don't voice your feelings, resentment will build and the situation will likely remain the same.

Be ready to compromise; when you ask someone to change their behavior, be prepared to do the same.

Deal with problems, doing your best to anticipate and prevent them and arrange your time wisely.

**Strategy #3:** Modify towards the stressful. You can adapt to stressful situations and regain your sense of control by changing your expectations and attitude.

Re-frame your problems; try to view stressful situations in a positive perspective. Look at the big picture and focus your time and energy appropriately.

Set your standards and stop setting yourself for failure by demanding perfection. Focus on positive insights, this simple strategy can help you keep things in perspective.

#### **Strategy #4:**

Understand the things you can't change. Acceptance may be difficult, but in the long run, it's easier than railing against a situation you can't change.

Do not attempt to handle uncontrollable things in life that are beyond your control, particularly the behavior of other people.

Look up when facing major challenges; try to look at them as opportunities for personal growth.

Talk with trusted friends or make an appointment with a therapist and know to forgive. Accept the fact that people make mistakes.

#### **Strategy #5:**

Own time for fun and relaxation. Make your time for fun and relaxation; you will be in a better place to handle life's stressful situations. Set relaxation time, this is your time to take a break from all responsibilities and recharge yourself.

Communication with others and spending time with positive people will enhance your life. Make your time for leisure activities that bring you joy.

Finally, have a good sense of humor; this includes the ability to laugh at yourself.