

CHOICES FOR COPING WITH STRESS

Prepare for the morning the night before
Schedule and track your appointments
Don't rely on your memory...write it down
Practice preventative maintenance
Make duplicate keys
Repair anything that does not work properly
Break large tasks into bite size portions
Look at problems as challenges
Be prepared for rain
Be aware of decisions you make
Visualize yourself winning
Practice breathing slowly
Read
Listen to music
Take stock of your achievements
Stop thinking tomorrow will be a better day, do it today
Be optimistic
Put safety first
Practice moderation
Pay attention to your appearance
Maintain your proper weight.
Practice grace under pressure
Stand up and stretch
Always have a plan B
Become a better listener
Exercise every day
Clean out one closet
Take a different route to work
Write a note to a faraway friend
Go to a ball game
Quit trying to fix other people
Get enough sleep
Take a different route to work
Talk less and listen more
Remember you always have choices