

SPECIFIC STRATEGIES FOR COPING WITH STRESS

71 Ideas for Revitalizing and Energizing Yourself

Things You Can Do To Cope More Effectively

What *can you* do about your stress?
What *should you* do about your stress?
What *will you* do about your stress?

Here are some examples of creative changes that others have found re-energizing for them. Some of these ideas you might find helpful to you in your search to relieve your distress---to turn the tables on stress and make it work for you, rather than against you. Use these as stimulators. Dream up your own creative set of activities designed to get the results that you desire.

You Can Develop Self-Understanding

1. Listen to the voice of your body.
2. Make a list of your present goals.
3. Write a diary, or a journal.
4. Analyze your successes
5. Get feedback from others on how they see you.
6. Make use of the helping professions.
7. Keep track of your "stress quotient.
8. Life: What's controllable, what isn't?
9. Be honest with yourself.

You Can Improve Your Mind

10. Read about stress and human growth.
11. Learn about stress.
12. Be sensitive to all dimensions of life.
13. Take a class or course.
14. Go to the public library.
15. Think about great ideas.
16. Clear your mind.

You Can Develop Healthy Attitudes

17. Develop the attitude of gratitude.
18. Think Positively.
19. Learn to accept what you can't change.
20. Learn to love yourself.
21. Don't be afraid of failure.
22. Practice living in the present.
23. Get friendly with leisure.
24. Reward yourself.

You Can Control Your Emotions

25. Admit to yourself how you feel.
26. Practice self-expression.
27. Work off your anger.
28. Face your fears.
29. Experiment with acting your way to a new feeling.