

Maintenance

Dealing with Stress

When your body responds to stress this may be a sign that you need to take action in order to avoid becoming overwhelmed. Below are four ways in which you can respond to stressful situations:



DO NOT RESPOND

Some stressful situations are out of our control and we cannot avoid them. This does not mean that we have to constantly worry or think about the situation. For example, if you are in the middle of doing your homework, it won't help to keep thinking about the stressful situation. One way to deal with it is to say to yourself "I am not going to think about that right now." Instead, set aside a specific time to think about the situation and to come up with possible solutions.



CHANGE THEM

Not all stressful situations are completely out of your control. Oftentimes you can change, or at least modify, the situation. Ask yourself, "Is there anything I can do different?" "How would others react if I behave differently?"



AVOID THEM

Sometimes we can avoid situations that create stress by thinking ahead. For instance, if you know that you have a test coming up in a couple of weeks, you can start preparing for the test now in order to avoid a stressful situation like failing the test.



CHANGE THE WAY I THINK

Oftentimes in stressful situations we fall into thinking traps where we imagine that the worst will happen. Pay attention to your thoughts, and if you realize you have a negative outlook on things try to focus more on the positive.

Relieve Your Stress

Once you have responded to the stressful situation, find ways to relax. Below are some ideas. Can you think of any stress relieving activities?

- Hangout with a friend
- Listen to music
- Be close to people you care about
- Go for a walk

Do something you enjoy



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