

THE STRESS WINNER

MENTAL ATTITUDES

BE YOUR OWN STRESS MANAGER

Get your STRESS 'VISOR' in place. You feel the way you think, so Choose your attitude

Rational and Positive Thinking.

Describe problems accurately.

Select attitudes of: **Optimism,**

Flexibility, Persistence, Learning

Happiness (a choice - even under stress),

Altruism

Deliberately doing good deeds

LIGHTEN the 'BACKPACK'

1. UNDERSTAND STRESS & SYMPTOMS

2. We've all got 'faults'!

Reduce: stressful *emotions* : Anger, Guilt, Fear.

Dump stressful *habits*:

Perfectionism, Procrastination

3. **Build Self-Esteem.**

SKILLS

COMMUNICATION:

Assertiveness

- Listening
- Resolving Conflict.

MONEY

MANAGEMENT

TIME

MANAGEMENT:

- Find a Purpose
- Set Goals
- Balance your Life
- Plan your Time
- Stop Procrastinating

Humour & Laughter.

LEARN

RELAXATION

Reduce overall tension, sleep well, cope better. .

- Slow, regular breaths, push out tummy, let breaths out slowly, smoothly & completely
- Let muscles relax, from top to bottom
- Picture relaxing places & activities
- See yourself beating problems.

PHYSICAL STRENGTH

- **DIET** - Balanced. Less caffeine, alcohol. Eat less at night
- **EXERCISE** - Aerobic (running, biking), Strengthening (weight-lifting) Sports
Be fit - you're more relaxed & stronger. Get addicted!
- **SLEEP** - Routine. Deep relaxation, fantasies. Don't lie in bed & worry

WORRY WELL

Don't stew
Write worries down
Put in categories
Solvable/unsolvable

SOLVE PROBLEMS

Brainstorm
Make good Decisions

THE 'HOME CROWD' SUPPORTERS

- **Relationships and Love**
- **Counselling/Therapy**
Your personal coach. .
- **Beliefs.** Faith in something 'higher'



TIME OUTS

Dump TV.
Make time for something active.
Use all senses & abilities

