

It's not the stress, it's what you do about it.

Call: 1-800-342-9810 ext. 6206 or email: socsvcs@nysutmail.org

☞ Ways to ☞ Manage Stress

Recognize your internal and external resources • Set realistic goals - especially in judging your ability to control your environment • Vary your routine • Be flexible - formulate an array of options to cope with stressor • Consider atypical strategies • Be prepared to tolerate some degree of uncertainty • Break complex problems down so as to focus on those aspects you can manage • Refrain from globalizing the stress or as viewing it as spreading across every part of your life • Prioritize tasks • Take an inventory of what you are feeling: sad, angry or scared • Note how you have survived and coped with stressful situations in the past • See problems as challenges • Listen to music • Visualize a relaxing scene • Get sufficient sleep • Take a walk and get some fresh air • Tighten then relax muscle groups • Eat nutritious meals • Pace yourself • Ask for help



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