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

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

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

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