

Stress, What Stress?

A collection of tips to reduce, relieve, and help take charge of stress

Articles on Stress:

- 6 Ways to Relieve Stress
- Reducing Stress... what to do – how to think
- The REAL reason we feel stressed

"Start by doing what's necessary, then do what's possible, and suddenly you are doing the impossible."
-- Francis of Assisi

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Collected by Altrex Performance Systems

6 WAYS TO RELIEVE STRESS

1. **Talk it out.** Don't bottle up anger, worries, or frustrations. Either talk it out or write it down (paper or computer). Some people use art (crayons, markers, paint, clay, etc.) to "vent their spleens."
2. **Escape for awhile.** A change of scenery can give you a fresh perspective.
3. **Work off your anger.** A brisk walk or a jog can help you get rid of tension and adrenaline.
4. **Do something for others.** This will take your mind off yourself - and remind you that there are a lot of people with problems far worse than yours.
5. **Take one thing at a time.** Life is a big chest of drawers that contain things you have to do. Pull out one drawer and deal with what's in it. Push it back in before you pull out another drawer.
6. **Let go.** Learning to let go may be what life's all about.

Source: Adapted from the National Mental Health Association

REDUCING STRESS....

What to do

To reduce the stress in your life, look for ways to manage change:

- Cut back on social events (new people, new places, new responsibilities).
- Find more time to be alone and to be quiet.
- Get back in touch with your favorite basics (yard work, baking, carpentry, reading, leisurely breakfasts with the newspaper, long baths, etc.).
- Limit the rushing around (e.g., get up earlier so your mornings are unhurried, schedule breathing room between appointments, get organized, plan ahead).
- Try to limit the number of changes occurring in your life at any one time (the ones you can control, anyway). For example, if you're about to change jobs, postpone getting that new puppy or signing up for a new class or project.

How to think

- Live in the present. Take a lesson from kids. They take each day as it comes. They do one thing at a time. Their mind and body occupy the same space at the same time.
- Remind yourself that other people and things can never make you angry. Only your mind can do that.
- Don't blame things for your stress. Blame your thinking.

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"When you reach the end of your rope, tie a knot in it and hang on. -- Thomas Jefferson



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The REAL Reason We Feel Stressed?

People say one of the main reasons they feel stressed is that they don't have time to *think* anymore.

E-mail, voice mail, cell phones, pagers, faxes, and overnight mail all create a sense of urgency.

In the "good old days," we had longer workweeks (42 hours in 1952 vs. 40 today). But there was downtime between tasks -- to lick a stamp, walk to the mailbox, change a typewriter ribbon, flip through a dictionary, or dial a phone number.

WHAT YOU CAN DO

Make a concerted effort to be the master of the technology in your life.

1. **Limit your use of gadgets.** (An amazing number of people are getting rid of their car phones. They want to reclaim the private time between home and work.)
2. **Limit the number of people** who have access to you through technology (i.e., don't give out your access numbers to everyone).
3. **Limit the amount of "information"** that comes into your life (it makes no sense to listen to the radio *and* TV news reports).
4. **Unplug regularly.** The world doesn't need you to be on call 24 hours a day.
5. **Make a special effort** to connect with *real* things -- people, animals, nature, music, art, play, laughter, and exercise.

Source: Department of Labor, Bureau of Labor Statistics

