



Ideas for managing stress

<p><i>Become knowledgeable about stress</i></p> <ul style="list-style-type: none">• Identify your major sources of stress.• Anticipate stressful periods and plan for them.• Develop a number of constructive strategies and practice them.	<p><i>Come to terms with your feelings</i></p> <ul style="list-style-type: none">• Do not suppress your feelings: acknowledge them to yourself and share them with others.• Learn to be flexible and adaptable.
<p><i>Develop effective behavioural skills</i></p> <ul style="list-style-type: none">• Do not use the words 'can not' when you actually mean 'will not.'• Use free time productively• Be assertive.• Avoid blaming others for situations.• Provide positive feedback to others.• Learn to say no.• Acknowledge problems as soon as they appear.	<p><i>Develop a lifestyle that will strengthen you against stress</i></p> <p>Maintain correct weight.</p> <p>Regularly practise some form of exercise vigorous, stretching, and recreational.</p> <p>Engage regularly in some form of systematic relaxation.</p> <p>Use alcohol and caffeine in moderation or not at all.</p> <p>Avoid the use of tobacco.</p> <p>Avoid foods high in sugar, salt, white flour, saturated fats, and chemicals.</p> <p>Plan your use of time both daily and on a long-term basis.</p> <p>Seek out variety and change of pace.</p>
<p><i>Thinking skills</i></p> <ul style="list-style-type: none">• Challenge your 'musts' and 'shoulds' .• Don't jump to conclusions.• Dwell on the positives rather than the negatives.	<p><i>Establish and maintain a strong support network</i></p> <ul style="list-style-type: none">• Ask for direct help, and be receptive to it when it is offered.• Rid yourself of dead or damaging relationships.• Tell the participants of your support network that you value the relationship.

Remember your spiritual development