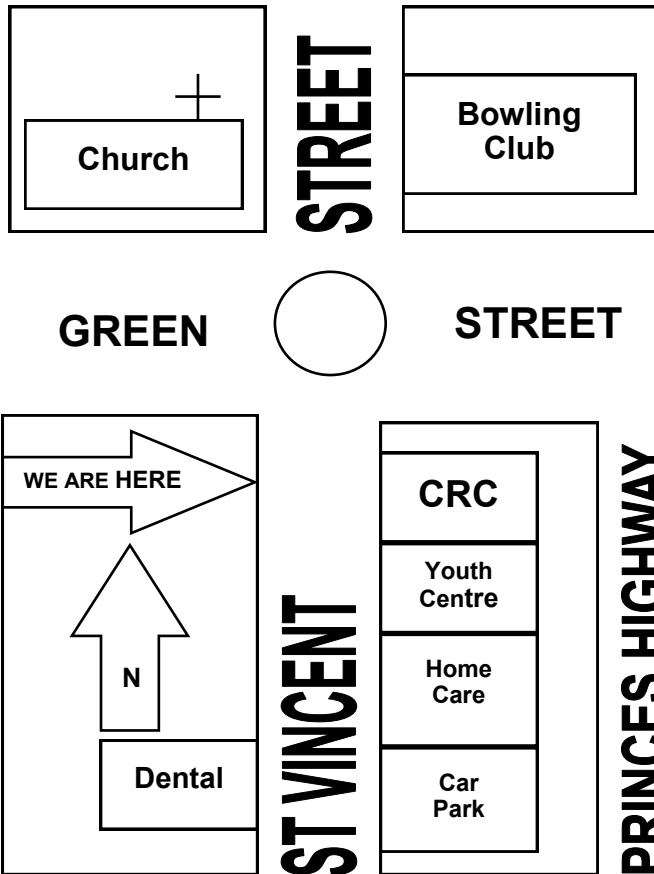


### Take One Step At A Time:

- ◆ Several problems at once can overwhelm you
- ◆ Decide on the first step necessary to deal with one problem and do it
- ◆ Work on the rest in easy stages, writing down if it helps you



### Be Flexible:

- ◆ If the first solution doesn't work, try again
- ◆ Look at mistakes as good first time experience 'for next time'
- ◆ The fact that you acted and took charge is what counts

### Don't Strain for absolute Control:

- ◆ You'll waste time and effort
- ◆ Sometimes the only possible way to cope will be to withdraw from the situation
- ◆ Try to accept it
- ◆ Relax and set your mind to ease for a while



Ulladulla Community Resources Centre

# Tips For Managing Stress



## Ulladulla & Districts Community Resources Centre

78 ST VINCENT ST  
ULLADULLA 2539

Ph: (02) 4454 0477

Fax: 4455 6084

Email: [reception@ulladullacrc.org.au](mailto:reception@ulladullacrc.org.au)

[www.ulladullacrc.org.au](http://www.ulladullacrc.org.au)

Ulladulla Community Resources

### **Don't Try To Cope Alone:**

- ◆ Accept that everyone feels some pressure
- ◆ Discuss your difficulties with your family or friend
- ◆ Listen to them
- ◆ Be ready to return the favour
- ◆ Coping involves giving as well as getting

### **Take A Positive Approach:**

- ◆ There is always an effective way to deal with each situation
- ◆ Problems always have solutions
- ◆ The solution may not be immediately apparent
- ◆ It may not be easy but it will always be possible to do something

### **Be Realistic:**

- ◆ Don't expect too much of yourself
- ◆ Set attainable goals
- ◆ Accept that there are many life situations you can only affect indirectly
- ◆ Don't always expect to be right

### **Take A Break:**

- ◆ Take a break from what your doing once in a while so you'll feel refreshed and relaxed

### **Don't Accept Substitutes:**

- ◆ Moderate or eliminate your intake of alcohol, drugs and tobacco

### **TIPS FOR COPING WITH STRESS**

#### **Accept Responsibility:**

- ◆ This is YOUR life, No-one can cope for you
- ◆ Though others can and will help, the initiative must come from you

#### **Try To Be Objective:**

- ◆ Step back and look at your life situation as if it were someone else's
- ◆ What could this person change?
- ◆ What will he/she have to accept?

#### **Know Your Inner Resources:**

- ◆ Asses your strengths and weaknesses
- ◆ Be Honest - Have a clear Picture of what your working with

### **TIPS FOR MANAGING STRESS**

#### **Get Enough Sleep:**

- ◆ This will help you meet each day's challenges with energy alertness

#### **Manage Your Time Wisely:**

- ◆ Make a list of things to do each day so you can keep your routine orderly and efficient
- ◆ Don't try to do everything at once
- ◆ Set realistic Goals

#### **Work Out Anger:**

- ◆ Don't let anger get the best of you
- ◆ Get involved in some useful Physical activity instead

#### **Eat Right:**

- ◆ If you eat right, Chances are your going to feel right
- ◆ Cut down on sugar, sodium and fatty foods
- ◆ Eat more fruits, vegetables and wholegrain foods

#### **Talk Out Worries:**

- ◆ Talking with a trusted friend can go a long way towards putting your problems into perspective