Tips for Managing Stress

• Accept only your own responsibility in situations.
• Set realistic expectations for yourself.
• Focus on the process rather than the results.
• Focus on successes rather than on failures.
• Develop your own personal definition of success, instead of society’s.
• Be realistic about time expectations and perspectives.
• Remember, life does have troublesome problems. This is normal.
• Recognize that you will be criticized more than praised by parents, partners, and supervisors.
• Create variety: do old things in new ways.
• Make your work/study area more stimulating: redecorate, add music, change colors.
• Leave the office/campus for lunch and errands, if possible.
• Learn to be detached from problems.
• Do paperwork immediately. Don't procrastinate.
• Ask others for positive feedback.
• Develop a hobby and spend time on it regularly.
• Learn and practice sound money management.
• Don't bring work home with you.
• Decrease television time.
• Keep physically fit — good diet and adequate exercise.
• Avoid excessive use of alcohol and drugs.
• Spend time in active family activities.