

Stress Management

We talk about stress, but we are not always clear about what it is. Stress comes from the good and the bad things that happen to us. Stress becomes a problem when we are not sure how to handle an event or situation. Then worry sets in and we feel stressed. Stress may feel overwhelming at times, but there are many techniques to help you take control.

There is no right way to deal with stress. The tips below are common strategies that are helpful for many people. Try them out and see what works best for you.

Identify the problem. Is your job, school, work or a relationship causing stress? Once you know what the real problem is, you can do something about it.

Talk about your problems. You may find it helpful to talk about stress. Loved ones may not realize you're having a hard time. Once they understand, they may be able to help you in different ways.

Simplify your life. Stress can come up when there are too many things going on. Learning to say "no" is a real skill that takes practice.

Start on the inside. Practices like yoga, meditation, deep breathing and prayer can help you quiet your mind and look at problems at a more balanced point of view.

Get active. Physical activity can be a great way to reduce stress and improve your mood. Activity could be anything from taking up a new sport to walking. Make sure you enjoy it – it should not feel like a chore.