Strategies for Managing Stress

**Physical Strategies**

1. Get adequate sleep daily (8 hours preferable)
2. Eat a balanced diet.
3. Engage in regular exercise (at least 30 minutes 3-4 times weekly).
4. Reduce caffeine and alcohol intake.

**Behavior Strategies**

1. Breakdown large projects and tasks into more manageable parts.
2. Create daily task list and check off task as they are accomplished.
3. Manage your time effectively by using a calendar to schedule specific times when you can work on tasks.
4. Intentionally slow down your pace.
5. Try to spend at least one hour of quiet/private time each day.
6. Spend regular time socializing with friends and loved ones.
7. Engage in activities which make you laugh.
8. Engage in activities that you enjoy, greatly interest you, or which give you a sense of accomplishment.
9. Look for opportunities to help and support others.
10. Avoid symptom relieving self-indulgent behaviors such as over-eating, drinking, or using drugs.

**Cognitive Strategies**

1. Re-evaluate the importance you place on many of your sources of stress. Often we make things better than they really are.
2. Use self-talk to help you change the message you give to yourself.
3. Think about stressful situations you have dealt with successfully in the past. Remind yourself that you were able to deal with them before.
4. Think about how stress is affecting you mentally, emotionally and behaviorally and what you may be doing to make the stress you are experiencing worse.
5. Take time daily to think about and be thankful for the positive things in your life.
6. Attempt to have a positive rather than pessimistic outlook.

**Emotional Strategies**

1. Learn to use relaxation, mental imagery techniques and/or meditation daily to counter anxiety and other physiological based emotional reactions to stress.
2. Practice calming yourself at the beginning of each day.
3. Develop interpersonal relationship with family and friends who can provide support during times of stress.
4. Learn and practice the Freeze-Frame process.
Help Seeking Strategies

1. Talk with someone close to you who can be of support to you.
2. If you are difficulty managing stress, you may want to talk with a professional counselor. Due to time limitations, the Counseling Center does not provide counseling to faculty and staff but we can give you referral information.
3. Check out the Counseling Center web site www.counseling.txstate.edu for self-help information, on-line screening, and useful mental health links.