

Managing Stress

Stress management is a decision-making process. You can choose to: Alert it, Avoid it or Accept it. All three of these techniques can be effective coping strategies.

Alter-implies removing the source of stress by changing something (problem solving, direct communication, organizing, planning and time management)

Avoid– implies removing oneself from the stressful situation or figuring out how not to get there in the first place (saying “no”, delegating, letting go, withdrawing and recognizing your own limitations)

Accept-involves equipping oneself physically and mentally for stress by...Building resistance, increasing your tolerance for stress: physically through proper diet, regular exercise and systematic relaxation; mentally through positive affirmation, taking time for mental health, clarifying goals and values/priorities: socially through support systems, investing in relationships, clear communication, and intimacy; and spiritually through meditation, prayer and worship.

Changing-unrealistic expectations and irrational beliefs (as “I should succeed at everything I try”). Build self esteem and cultivate a positive attitude.

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