

# TOP 10

## Tidbits for Managing Stress and Enhancing Self Care

Compiled by: Joey Rost, CDM, CFPP

- 1 Understand Your Stress**  
It's important to know that everyone deals with stress differently. How you manage it may differ from how others manage it.
- 2 Identify Your Sources of Stress**  
This could be family, work, or any other changes in your life that could be triggers of stress.
- 3 Identify Your Stress Signals**  
Be aware of your symptoms caused by stress. These might include headaches, stomach pains, fatigue, and trouble concentrating.
- 4 Implement Self-Care**  
Self-care is the most effective tool for stress management. Everyone needs to take some time to relax, meditate, and enjoy hobbies or interests in life.
- 5 Establish a Routine**  
Get a good night of sleep and eat well balanced meals. Exercise can improve alertness and relieve muscles of tension.
- 6 Maintain a Positive Attitude**  
Your attitude reflects everything you do; always try to stay positive when dealing with stress.
- 7 Accept Change and the Unchangeable**  
Embrace change, and let go of and accept the events you cannot change.
- 8 Set Aside Time for a 10 Minute Walk**  
Take 10 minutes to walk and think of everything you are grateful for in your life.
- 9 Take a Five-Minute Break**  
Take five minutes and write down what is stressful to you. Then, shred it!
- 10 Laugh and Laugh Often**  
Laughter is the best-kept secret to reduce stress. Watch a funny video to stimulate the heart so you will feel more relaxed, emotionally and physically.

