

STRESS-CHECK



Here's a checklist of negative reactions to stress & tension:

- Do minor problems and disappointments upset you excessively?
- Do the small pleasures of life fail to satisfy you?
- Are you unable to stop worrying?
- Do you feel inadequate or suffer from self-doubt?
- Are you constantly tired?
- Do you get too angry over minor problems?
- Have you noticed a change in sleeping or eating patterns?
- Do you suffer from chronic pain, headaches or backaches?

If you answered “yes” to most of these questions, the following suggestions may help to reduce or control stress:

Be realistic. If you feel overwhelmed by some activities, learn to say NO!

Shed the “superman/woman” urge. No one is perfect, don't expect perfection from yourself or others.

Mediate for 10-to 20 minutes.

Visualize how to manage a stressful situation more successfully.

Take one thing at a time. Prioritize your tasks and tackle each one separately.

Find a hobby to distract you from your worries.

Live a healthy lifestyle with good nutrition, adequate rest, regular exercise, limited caffeine and alcohol, and balanced work and play.

Share your feelings with family and friends. Don't try to cope alone.

Give in occasionally. Be flexible.

Go easy with criticism. You may be expecting too much.

Take more mental health self-tests on our website at www.mhasp.org/coping/quiz.html