STOP THE STRESS CYCLE

7 Tips to Manage Stress

1 Set Boundaries

Make taking care of yourself your first emotional priority. You can't avoid stressful situations, but you can make them a smaller part of your emotional life. This means knowing what your hot buttons are and practicing different responses.

2 Change the Channel

Bringing the tension home? Break away from your stress by tuning into your favorite TV show, movie or book. Leave your own drama by enjoying someone else's story.

3 Detach and Let Go

We all have an idea in our heads about how things are, or how they're supposed to be, and this is what often stresses us out the most. The key is detachment – letting go of the life you expected, so you can make the best of the life that's waiting for you.

4 Positive Self Talk

When stressful events happen, positive self-talk seeks to bring the positive out of the negative to help you do better and keep moving forward. The practice of positive self-talk will help you to discover the joy in any given situation.

5 Prioritize

Start your day by writing down your top three priorities that you want to accomplish. Put the rest aside. Don't think too far ahead. Stay in the moment. Work on what is in front of you.

6 Fight Procrastination

When you are assigned a task, act immediately in some way to create momentum. Break your tasks into manageable sections and plan out how to tackle each subsection. Give yourself a small meaningful reward for each step completed.

7 Enjoy the Moment

Slowing down and taking time to savor the moment is a major factor in overall life satisfaction. Consciously enjoying what you are experiencing contributes to health on every level and builds a reservoir of happiness from which we can refill our tank.

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