

Health & Wellness

Tip of the Week

September is all about **Stress Management**. It is the perfect time to remind you about the importance of controlling your stress levels.

Week 36
September 5, 2016

Control-Your-Stress Checklist

Many situations can cause your stress response to kick in...if you let it. The key is to recognize what leads you to feel stressed and when, and then develop ways to prevent it or handle it.

- Are you often late? Take a look at your time management. Make it a habit to plan your day task by task (in advance), and give yourself enough time for your to-dos. Overestimate the time each task will take. Insert spaces into your schedule to avoid back-to-back meetings.
- Are you overextended? If you're juggling too much, determine what's truly essential and important, and what you can put on hold or eliminate.
- Are you easily angered or irritated by anyone or anything? Pause to ask yourself if you're making something a bigger issue than it is, leaping to conclusions, or letting your emotions cloud your reasoning.
- Are you feeling pessimistic in general? Stop and remember all the things you have to be grateful for and vow not to compare yourself to others.
- Are you burned out? Consider self-nurturing activities to recharge and/or find help so you don't have to do tasks alone.



Sources: Mar.hopehealth.com



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