

Health & Wellness Tip of the Week

Week 37
September 11, 2017

September is all about Stress Management

It is the perfect time to remind everyone about the importance of managing your stress and keeping it under control.



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 conclusion, or letting your emotions cloud your reasons.
- ✓ **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: Hope Health

Human Resources Department
1201 E. 8th Street
Mission, Texas 78572

