STRESS LESS STRATEGIES

Pick 1 – 2 of these statements to say something constructive to yourself:

- This is distressing, but not dangerous
- I can take one day at a time (sometimes one hour)
- Take it one step at a time
- Breathe. Slow it down
- Nothing lasts forever. It will pass
- Let it flow over
- I’ll look for my strengths in this situation
- It’s OK to be imperfect
- Accomplish one thing today
- I can make myself miserable or I can make myself strong
- Is there anything constructive I can do about this now? Yes? Do it! No? I’ll turn my attention to something else
- I can’t change the other person. I can only change myself and what I do or don’t do:” what I say or don’t say.
**ACTIONS**

- **THINK OF THE SINGLE, EASIEST STEP YOU CAN TAKE TODAY TO MOVE YOU IN THE DIRECTION OF WHAT MATTERS TO YOU. PLAN IT, AND DO IT**

- **BREATHE IN SLOWLY TO THE COUNT OF 4; HOLD TO THE COUNT OF 3; BREATHE OUT TO THE COUNT OF 4. REPEAT A FEW TIMES**

- **THINK OF A BEAUTIFUL PICTURE THAT MAKES YOU FEEL CALM, HAPPY, OR MAKES YOU LAUGH. THINK OF THAT IMAGE IN AS MUCH DETAIL AS YOU CAN. EVEN IF YOU CAN’T SMILE ON THE OUTSIDE, IMAGINE YOURSELF SMILING. HOLD THAT THOUGHT FOR A FEW SECONDS, LONGER IF YOU CAN**

- **PROBLEM-SOLVE. IDENTIFY ONE PROBLEM TO WORK ON. BRAINSTORM AS MANY SOLUTIONS (HOWEVER ‘UNREALISTIC’ THEY MIGHT SEEM) AS YOU CAN. PICK ONE SINGLE SOLUTION AND IMPLEMENT IT FOR ONE WEEK. RE-ASSESS AT THE END OF THE WEEK**

- **EXERCISE – CHECK OUT THE BODY BREAK SECTION**

**BE AWARE OF NEGATIVE AND NON-PRODUCTIVE THINKING. EXAMPLES: SELF CRITICISM; FAULT-FINDING; BLAME; PESSIONISM; WORRY; CATASTROPHISING; ALL-OR-NOTHING STANDARDS; PERFECTIONISM; EXCUSES. CHALLENGE THIS TYPE OF THINKING/IGNORE IT/DISTANCE YOURSELF FROM IT.**