

Tips for Dealing with Stress

- Don't worry about things you can't control, such as the weather.
- Solve the little problems. This can help you gain a feeling of control.
- Prepare to the best of your ability for events you know may be stressful, such as a job interview.
- Try to look at change as a positive challenge, not as a threat.
- Work to resolve conflicts with other people.
- Talk with a trusted friend, family member or counselor.
- Set realistic goals at home and at work. Avoid overscheduling.
- Exercise on a regular basis.
- Eat regular, well-balanced meals and get enough sleep.
- Meditate.
- Participate in something you don't find stressful, such as sports, social events or hobbies.

Why is exercise useful?

Exercise is a good way to deal with stress because it's a healthy way to relieve your pent-up energy and tension. Exercise is known to release feel-good brain chemicals. It also helps you get in better shape, which makes you feel better overall.