

Stress and Sleep

Stress Reduction Tips



Ways to Reduce Stress

Ask for help.

Share some of our workload with others. You can return the favor another time.

Be tidy.

Keeping things in order and organized will help you when life gets messy.

Get enough sleep.

Aim for 7-9 hours of sleep per night.

Have fun!

Set aside time to do something you enjoy.

Just say "no."

Learn to say "no" to things you don't really want or need to do.

Know yourself.

Know what situations make you feel stressed and learn how to cope with them.

Make a to-do list.

Put the most important items at the top.

Remind yourself.

Set reminders on your phone, leave yourself notes, or keep a calendar.

Set small, realistic goals.

Break your larger goals up into smaller goals that you can achieve over time.

Solve problems.

Try to solve your problems quickly rather than putting them off. This will reduce the amount of time that they problem is a source of stress.

Take care of your body and mind.

By taking care of yourself you will be more prepared to tackle stressful situations.



How will you manage your stress?

Sources: Centers for Disease Control and Prevention (2017).

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