

STRESS TEST – DO YOU PASS OR FAIL?

1. Do you have headaches, back aches, neck tension?
2. Are you tired all the time?
3. Are you overly anxious or irritable about the change that is in the air?
4. Do you frequently forget what you should be doing?
5. Do you find yourself in tears for no apparent reason?
6. Are you eating, drinking and smoking more than usual?
7. Are you depressed by what life has to offer you?
8. Are you sleeping well or waking up and unable to get back to sleep?
9. Are you over-reacting to the slightest upset?
10. Have you had more accidents in the last little while?

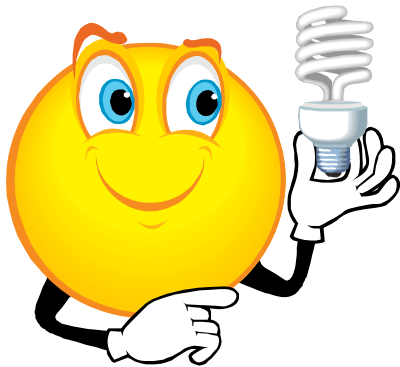


IT IS TIME TO GET RID OF THE CAUSE:

1. Work hard for a full day and then go home, don't stay late to finish projects.
2. Don't expect others to meet your needs; that is your job.
3. If you feel unreasonable guilt because you have a job, are healthy, etc. Move that feeling out of your mind.
4. If finances are a concern, make a plan and work your plan.



5. If you are obsessing on a concern, make a conscious effort to not think about that concern, except in a very structured short period of time that you control.
6. If the cause is a life change (death, divorce, job loss, moving, children, etc.) deal with it in a straightforward manner and control the amount of time you allow yourself for “what might have been.”
7. If you have health problems, face them and get help.
8. If you can’t sleep, don’t just lie in bed, get up and do something interesting until you can relax.
9. Learn to breathe deeply and learn some stretches or exercises that invigorate you.
10. When things get tense, envision a beautiful spot and go to it in your mind.
11. Find someone you can talk with that will not repeat anything you say.
12. Laugh and everything feels better.



HINTS FOR COPING WITH CHANGE AND STRESS

DO NOT TAKE RESPONSIBILITY FOR EVERYONE ELSE’S HAPPINESS!

DO NOT REINFORCE WHINING BEHAVIOR

VIEW ANY TASK YOU TAKE ON AS A CHOICE YOU HAVE MADE

WORK AT STAYING IN THE MOMENT

ELIMINATE A SENSE OF COMPETITION

REFUSE TO BE LONELY, EVEN IF YOU ARE ALONE

AVOID SELF-DEFEATING HABITS

DO AT LEAST ONE THING YOU ENJOY EACH DAY

REMEMBER THE ONLY BEHAVIOR YOU CAN CHANGE IS YOUR OWN