

# STRESS MANAGEMENT

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The following are suggestions to help you cope with your daily stressors (power surges). By planning ahead your strategy for coping with stress, you can relieve tension and make stress work for you, not against you. These include both power surge protectors, for those unforeseen surges, and proper wiring of your life, for maintenance of the daily power supply.

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## Power Surge Suppressors

- ◆ Drink water
- ◆ Move - get up and go for a walk, stretch etc.
- ◆ Shout - or sing - preferably LOUDLY
- ◆ Sit up straight - check your posture
- ◆ Sit still for 1 minute, focus on just breathing
- ◆ Squeeze a ball - release physical tension
- ◆ Fantasize/visualize - think positive/pleasant thoughts
- ◆ Laugh out loud - read cartoons, joke book
- ◆ Talk to someone

## Maintenance

- ◆ Eat well balanced meals
- ◆ Exercise regularly
- ◆ Get enough sleep
- ◆ Get involved - volunteer with something you are passionate about
- ◆ Set goals and priorities
- ◆ Learn from your mistakes
- ◆ Schedule fun into your life
- ◆ Make new friends
- ◆ Develop a hobby
- ◆ Take vacations
- ◆ Learn to manage your time, schedule enough time

If you would like help in establishing a stress maintenance lifestyle, call the EAP for assistance. (239) 278-7435 or 1-800-226-7930