

Stress-Reduction Strategies

The checklist below offers stress-reduction strategies you may find helpful. Place a check (✓) next to those you think may work for you:

- Get moderate exercise on a regular basis
- Balance your life with work and fun
- Pay attention to your body's warning signs such as headaches, shoulder or neck pain
- Stay organized and schedule wisely (be realistic about what you can accomplish)
- Listen to music, read a book, or write in a journal
- Work on problems or challenges that are bothering you
- Concentrate your efforts on things within your control
- Be open and honest with others
- Use your support system; don't isolate
- Practice deep breathing techniques or meditation
- Other: _____

Pick two strategies and describe specific examples of how you will practice these techniques and when you will implement the activity:

1. _____

2. _____

