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:

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2. ____________________________________________
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Explore stress management resources for UAB employees at uab.edu/codeblaze.