

# Stress-Reduction Strategies

The checklist below offers stress-reduction strategies you may find helpful. Place a check mark 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:

Strategy No. 1

Strategy No. 2