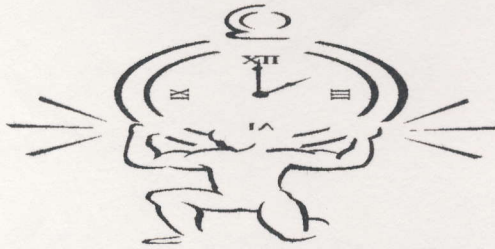


One Dozen Prescriptions for Dealing with Stress



- 1. Accept yourself as you are - the real, not the ideal.**
- 2. Learn to stay no without defending, justifying, or being tentative - give explanations but not excuses.**
- 3. Allow yourself the freedom to change your mind- this demonstrates flexibility.**
- 4. Recognize you're an adult who knows yourself best and give yourself permission to take good care of yourself, whatever that means, at any given time. Be Your Own Best Friend.**
- 5. Separate your past from your present - don't replay the past in present relationships- you needn't be "stuck" in an unpleasant role.**
- 6. Act rather than react- take time to assess situations, determine consequences, check out all assumptions, remain issue focused.**
- 7. Laugh - it relaxes, defuses tension, restores perspective, enhances hope.**
- 8. Look at yourself thru your own eyes - don't give others the power to knock you down emotionally.**
- 9. For short term stresses, develop coping techniques that provide you with some immediate relief and helpful distractions, e.g. exercise, long showers, music, draw, go see a movie.**
- 10. Talk with a parent/guardian, sibling, friend, school counselor or teacher.**
- 11. For short term stress, remind yourself that it is only temporary. Will it still be an issue even a week from today?**
- 12. Because stress in our lives is unavoidable, be prepared. Know who and what your resources and coping strategies are NOW.**