

## **COMMON SOURCES OF STRESS**

WORK  
RELATIONSHIPS WITH FAMILY  
FINANCES  
HIGH EXPECTATIONS OF SELF AND OTHERS  
COMPETITION  
PERFECTIONISM

## **INDICATORS OF STRESS**

### **INTERNAL**

Bothersome thoughts interfering with most other thoughts  
Not being able to focus thinking on any one idea  
Not being able to think about anything but what's bothering you

### **EXTERNAL**

Tense posture  
Clenched fists  
Facial grimacing  
Finger or foot tapping  
Fidgeting  
Biting nails or other objects

## **WAYS TO HANDLE STRESS**

1. Talk out the problem. Don't bottle up your feelings
2. Get out of the stressful situation, if possible, by walking away or avoiding the situation. If necessary, be prepared to go back and deal with the difficulty when you are feeling more composed.
3. Try physical activity to work off your feelings of anger or frustration.
4. Take one thing at a time. Divide your workload or tasks into smaller parts. In this way, you can avoid feeling overwhelmed and you can have a feeling of accomplishment when a small part is finished.
5. Examine your expectations of yourself and re-adjust, if necessary. Are your expectations reasonable for your time and abilities?
6. Give the other person a break and avoid constant competition. When you do this, you often make things easier for yourself.
7. Make time for fun and recreation. A set schedule with definite hours can help you take time out.
8. Don't isolate yourself from your family and friends. Keep in touch and let those who care about you be involved in helping you.
9. Say "NO" to those things you really do not enjoy doing; keep physically, mentally and spiritually healthy.