

40. Become more flexible. Some things are worth not doing perfectly and some issues are well to compromise upon.
41. Eliminate destructive self-talk: "I'm too old to..." "I'm too fat to...", etc.
42. Use your weekend time for a change of pace. If your work week is slow and patterned, make sure there is action and time for spontaneity built into your weekends. If your work week is fast-paced, seek peace and solitude during your days off.
43. "Worry about the pennies and the dollars will take care of themselves." That's another way of saying: take care of the todays as best you can and the yesterdays and the tomorrows will take care of themselves.
44. Do one thing at a time. When you are with someone, be with that person and with no one or nothing else. When you are busy with a project, concentrate on doing that project and forget about everything else you have to do.
45. Allow yourself time, everyday, for privacy, quiet, and introspection.
46. If an especially unpleasant task faces you, do it early in the day and get it over with; then the rest of your day will be free of anxiety.
47. Learn to delegate responsibility to capable others.
48. Don't forget to take a lunch break. Try to get away from your desk or work area in body and mind
49. Forget about counting to 10. Count to 1,000 before doing something or saying anything that could make matters worse.
50. Have a forgiving view of events and people. Accept the fact that we live in an imperfect world.
51. Have an optimistic view of the world. Believe that most people are doing the best they can.

HCS IS HERE TO HELP

Would you like some more tips and techniques to prevent yourself from getting stressed in the future?

Are you stressed **RIGHT NOW** and need someone to talk to?

Whatever your level of stress or the cause of your stress, SFU Health and Counselling Services (HCS) is here to help ... we have counselling staff that all registered students are welcome to come chat with, workshops on managing stress, and medical staff if you feel like stress is affecting you physically.

Call, drop by, or visit our website for more info or to make an appointment!

By Phone: 778.782.4615

Online: <http://students.sfu.ca/health/>

In person: Check out our site for our locations at all three campuses

ADDITIONAL RESOURCES

SFU Nightline

Need someone to talk to outside of regular business hours? Give SFU Nightline a call, staffed by trained student volunteers
604.857.7148

BC Partners for Mental Health and Addictions
www.heretohelp.bc.ca

Canadian Mental Health Association
http://www.cmha.ca/english/coping_with_stress/

51 PROVEN STRESS REDUCERS



**HEALTH AND
COUNSELLING
SERVICES**

1. Get up fifteen minutes earlier in the morning. The inevitable morning mishaps will be less stressful.
2. Prepare for the morning the evening before. Set the breakfast table, make your lunch, put out clothes, etc
3. Don't rely on your memory. Write down appointment times, when library books are due, etc. ("*The palest ink is better than the most retentive memory.*" - *Chinese Proverb*)
4. Do nothing which, after being done, leads you to tell a lie.
5. Make duplicates of all keys. Bury a house key in a secret spot in the garden and carry a duplicate car key in your wallet, apart from your key ring.
6. Practice preventive maintenance. Your car, appliances, home, and relationships will be less likely to break down/fall apart "at the worst possible moment."
7. Be prepared to wait. A paperback can make a wait in a post office line almost pleasant.
8. Procrastination is stressful. Whatever you want to do tomorrow, do today; whatever you want to do today, do it now.
9. Plan ahead. Don't let the gas tank get below one-quarter full; keep a well-stocked "emergency shelf"; don't wait until you're down to your last bus token or postage stamp to buy more; etc.
10. Don't put up with something that doesn't work right. If your alarm clock, wallet, windshield wipers, etc., are a constant aggravation, get them fixed or get new ones.
11. Allow 15 minutes of extra time to get to appointments.
12. Eliminate (or restrict) the amount of caffeine in your diet.
13. Always set up contingency plans, "just in case."
14. Relax your standards. The world will not end if the grass doesn't get mowed this weekend.
15. Pollyanna-Power! For every one thing that goes wrong, there are probably 10 or 50 or 100 blessings. Count them!
16. Ask questions. Taking a few moments to repeat back directions, what someone expects of you, etc., can save hours. (The old "the hurrier I go, the behinder I get, " idea.)
17. Just Say No! Saying "no" to extra projects, social activities, and invitations you know you don't have the time or energy for takes practice, self-respect, and a belief that everyone, everyday, needs quiet time to relax and be alone.
18. Turn off your phone (or at least turn off the ringer!). Want to take a long bath, meditate, sleep, or read without interruption? Drum up the courage to temporarily disconnect from the world.
19. Turn *needs* into *preferences*. Our basic physical needs translate into food, water, and keeping warm. Everything else is a preference. Don't get attached to preferences.
20. Simplify, simplify, simplify!
21. Spend time with nonworriers. Nothing can get you into the habit of worrying faster than associating with worrywarts.
22. Get up and stretch periodically if your job requires that you sit for extended periods.
23. Wear earplugs. If you need to find quiet at home, work or school, then make it happen!
24. Get enough sleep. If necessary, use an alarm clock to remind you to go to bed.
25. Create order out of chaos. Organize your home and workspace so that you always know exactly where things are. Put things away where they belong and you won't have to go through the stress of losing things.
26. Try yoga!
27. Writing your thoughts and feelings down (in a journal, or on paper to be thrown away) can help you clarify things and can give you a renewed perspective.
28. When feeling stressed, most people tend to breathe in short, shallow breaths. If you find your stomach muscles are knotted and your breathing is shallow, relax all your muscles and take several deep, slow breaths. Note how when you're relaxed, both your abdomen and chest expand when you breathe.
29. Inoculate yourself against a feared event. Example: before speaking in public, take time to go over every part of the experience in your mind. Imagine what you'll wear, what the audience will look like, how you will present your talk, what the questions will be, etc. Visualize the experience the way you would have it be.
30. When the stress of having to get a job done gets in the way of getting the job done, a voluntary change in activity and/or environment may be just what you need.
31. Talk it out. Discussing your problems with a trusted friend can help clear your mind of confusion so you can concentrate on problem solving.
32. One of the most obvious ways to avoid unnecessary stress is to select an environment (work, home, leisure) which is in line with your personal needs and desires. If you hate desk jobs, don't accept a job which requires that you sit at a desk all day.
33. Learn to live one day at a time.
34. Every day, do something you really enjoy.
35. Add an ounce of love to everything you do.
36. Take a hot bath or shower (or a cool one in summertime) to relieve tension.
37. Do something for somebody else.
38. Focus on understanding rather than on being understood; on loving rather than being loved
39. Schedule a realistic day. Avoid the tendency to schedule back-to-back appointments; allow time between appointments for a breathing spell.