

## Tips:

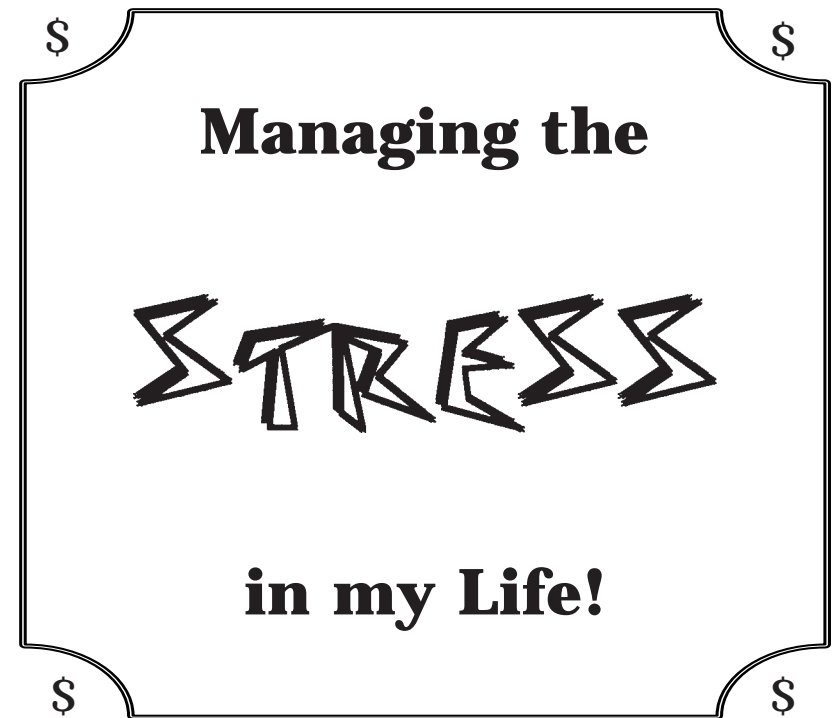
- In a family, stress on one person affects everyone. So, it is important to talk about things.
- Avoiding drinks and foods with caffeine can help some people feel less stressed.
- Simple relaxation exercise, such as tightening and relaxing muscles one at a time can help reduce tension.
- It's hard to manage stress alone. A social support network is important. If you don't have family and friends, search out others who can provide support where you need it.
- Your local UW-Extension office can provide you with information to manage many of the stressors in your life.

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Family Living Programs

NDR01: Managing the Stress in my Life!



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## **How can I begin to handle all the stress in my life?**

Stress is part of being alive. It is when we have too much stress from too many different sources that the stress can cause other problems.

Some stress we can expect to have. It comes from changes in our life. It can be a good change such as: a new job, a new baby, or even a vacation.

### **Plan for those changes you know are coming:**

- Learn as much as you can about the change
- Put money aside, if you can
- Look for others to share what they know
- Ask questions and talk to others
- Communicate as a family

### **Take care of your health:**

- Rest
- Eat balanced meals
- Get physical exercise

### **Attempt to avoid PILE-UP of stress:**

- Cope with your daily stress so you have energy to deal with the unexpected!

## **What can I do when I am stressed?**

- ☺ Look at what's causing the stress and see if there are ways to reduce the cause (*e.g., children quarreling, bills*).
- ☺ Find physical ways to cope
  - Take a walk or run
  - Put space between you and the stressor
  - Do relaxation exercises
- ☺ Relax your mind
  - Listen to soothing music
  - Meditate
- ☺ Learn what you can about the stressor
  - Take a parenting class
  - Get advice on managing money
- ☺ Seek out others
  - Talk to a friend or relative
  - Join a group of others with the same stress
  - Seek out the counsel of professionals, if needed
- ☺ Try to put humor in your life and change your perspective.