TIPS FOR STRESS MANAGEMENT

1) Breathe well

2) Take care of your basic needs

- Diet
- Exercise/relaxation
- Sleep
- Fun/social
- Finances

3) Think well...live well

Two questions to ask:

Is my thought accurate?
- What evidence do I have?
- Are there other possible explanations?

Is my thought helpful?
- Does it make me feel good?
- Is it helping me to grow?

4) Take action

Problem-solving:
- Do it in writing
- Act: do not wait to have the ideal and certain solution

Acceptance:
- Accept what cannot be changed or what you decide not to change
- Accept uncertainty and that injustice exists

5) Communicate

Know how to say “no” and to “agree to disagree”
Be assertive
- A) The facts
- B) Why it is a problem: use “I”
- C) The solution

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