



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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