

10 WAYS TO REDUCE STRESS

Accept what we cannot change.

We can accept what we cannot change by changing what we can. Make choices that are realistic, not out of reach.

Create environments that reduce stress.

Colors of the walls, floor coverings, and furniture can reduce stress. Hues such as cooling greens and blues are positive colors that can reduce stress and create a sense of well-being.

Maintain a sense of humor.

Laughing at oneself can release potential stress from the inside. And laughing creates less wrinkles than worrying.

Stop and look at yourself.

Take time to recognize signs of stress such as anger, exhaustion, and poor quality sleep. As you become aware of these signs, you are beginning to identify how to make stress work. You are being proactive, not reactive to situations.

Use stress as a teacher.

As a crisis occurs, stop and think of how to use it to make things better. Make lemonade out of the lemons in life.

Make decisions.

Indecision increases stress. Good leaders make decisions and act on them. If a bad decision is made, reevaluate.

Don't say yes to everything.

Recognize what your strengths are and focus on taking the time to do a project built on them. Taking on too many projects results in loss of control and creates stress.

Organize.

Disorganization creates stress. Taking the "dis" out of disorganization can produce a sense of control in knowing what will happen, that in turn reduces stress.

Leave time for the unexpected.

Look for the natural coping ability to deal with the unexpected. Coping requires time. Time is needed to perceive a crisis and to rally our internal and external resources.