

# Stress Management & Coping Strategies

DON'T LET STRESS GET THE BEST OF YOU



## 1) RELAXATION IS KEY

- Prioritize downtime.
- Consider taking a walk, playing a game, or taking a bath.
- Be realistic about how much time you can afford to spend on these activities.

## 2) STAY PHYSICALLY FIT

- You are what you eat: good nutrition improves coping ability!
- Aerobic exercise reduces anxiety by 50%.
- Read it and sleep: productivity requires a regular sleep schedule. Aim for 8-9 hours a night.



## 3) MIND YOUR MENTAL HEALTH

- Clearly **identify** your **goals**: the more specific, measurable, and achievable the better!
- **Prioritize** among your goals: **time management** and **scheduling** are important!
- Avoid multitasking and **organize** your thoughts.
- Do not ignore stress - **address** it!

## 4) EVALUATE COPING STRATEGIES

- **Healthy**: exercise, self-care, work-play balance, time management, meditation
- **Unhealthy**: drugs & alcohol, overeating, avoiding the situation, procrastination, self-injury



## 5) FORM A GAMEPLAN

- Remember you are the **pilot** of your life.
- Create a **schedule** for your big projects and endeavors.
- Promote **productivity** and dismiss distress with your arsenal of healthy coping strategies.
- Out of sight, out of mind: remove yourself from the situation if you're upset about a relationship problem. **Relaxing** may help you **reflect**.
- Bust, don't build: **positivity** is a stress buster.
- Support systems: reach out to **friends** and **family** to cope.

## WHAT'S YOUR GAME PLAN?

### Additional Resources:

<http://www.selfinjury.bctr.cornell.edu/>  
<http://www.stressrelease.com/>

### Suggested Citation: