

Feeling Overwhelmed?



Some Tips on Coping With the Stress of Living.....

- **Talk it out** – *When something is bothering you talk it out-don't bottle it up.*
- **Interrupt the Stress** – *Escape for a while. It is healthy and realistic to escape long enough to recover your balance and perspective, and then be better prepared to deal with the problem when you are composed (i.e. a movie, book, game, or a small trip).*
- **Work off your anger** – *If you feel like lashing out, try holding off until tomorrow. True power is control. Do something constructive to work off that energy, physical activities, sports, or exercise. Cooling off makes the problem easier to handle.*
- **Take one thing at a time** – *Tackle only the most urgent tasks and leave the rest for when you feel less pressured.*
- **Shun the Superman/ Superwoman urge** – *The attempt of perfection is an open invitation for failure. Decide what you do well and put your efforts there.*
- **Go easy with Criticism-give the other guy a break** – *Remember that each person has their own virtues, shortcomings, and values. Search out the commonalties and the good points this gives us a better perspective and avoids feelings of disappointment.*
- **Take Care of Yourself** – *Leisure and recreation are essential for good physical and mental health. If you have to schedule yourself some leisure time.*



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