

# How do you beat Stress?

**Take short breaks** - Re-energize! Taking a break, even a short one, can give you a fresh perspective.

**Learn time management** - Set priorities. Decide what needs to be done now, and what can wait.

**Talk it out** - Talking out problems with a friend or family member helps relieve stress and puts troubles in their proper perspective. Somehow, our capacity to handle problems expands when we talk them out.

**Balance work with play** - Look at life in its total context: the good and the bad together and put distress in its proper place.

**Set realistic goals** - Expecting too much in too little time can be unrealistic and can create a stressful situation. Success is important in building a positive self-concept and feelings of self-worth. Stress can be dealt with more easily when you feel good about yourself.

**Anticipate stress** - Think ahead about potentially stressful events and plan ways to react. Often, you will find the actual situation is not as stressful as anticipated.

**Find help** - When stress overwhelms you, seek professional help.

CONCERN<sup>®</sup> Services can help you with  
issues that cause stress in your life.

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