

10 Tips to Terminate Tension

1. Avoid small annoyances.

Try to eliminate stressful situations. Join a car-pool or leave earlier to avoid rush hour traffic. Go to stores when they're not as busy—at night or at dinner time.



2. Exercise.

When your body is in good shape, you are less likely to get sick from stress. Regular exercise will also help relax stress-caused muscle tension.



3. Maintain a sense of humor.

Learn to laugh at the situations that are creating your stress—and at your reactions to them. It won't change anything, but it will help take the pressure off.



4. Set aside time to relax.

Don't fill every minute with work and planned activities. Leave a little time to do nothing. Your body needs time to just wind down.



5. Share your problems.

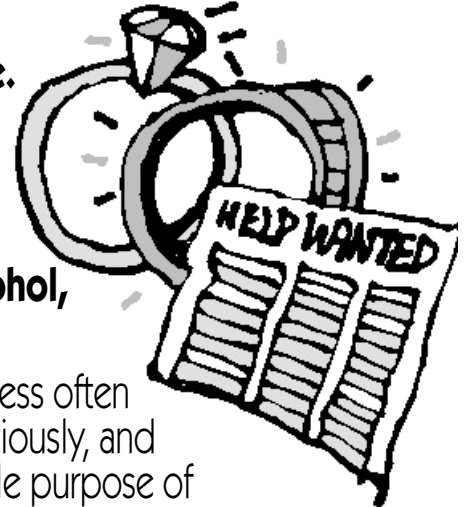
Talk to a family member, friend, co-worker, or professional counselor about the things that are getting to you. Getting things out in the open is a good way to relax.



10 Tips to Terminate Tension (cont'd.)

6. Don't make too many lifestyle changes at once.

If you're facing a big change—marriage, a new job—wait until you've adjusted to it before taking on something else stress-producing.



7. Reduce consumption of alcohol, sugar, and caffeine.

The things we take to relieve stress often add to it. Eat regularly and nutritiously, and avoid taking anything for the sole purpose of relieving stress.



8. Get enough sleep.

Your body needs a chance to pull itself together, especially when you're experiencing stress.



9. Set priorities.

No one can do everything—and certainly not all at once. Take a hard look at tasks you have to do.

Put them in order of importance, and then tackle them one at a time, checking them off as they're completed.



10. Try cooperating with people.

Cooperation instead of confrontation is better than fighting and always being "right." A little give and take on both sides will reduce the strain.

