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 stress 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.
- But, 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.bch.cornell.edu/
http://www.stressrelease.com/

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