

YOU'RE

STRESSED!

Ways to tell you are
stressed and 56 ways to
cope



In today's society, it is easy to become stressed. We are often over stimulated and have so many taskers on our plate that we become completely overwhelmed.

Add onto this the job of being the advocate responsible for the needs of a special needs child and the amount of stress becomes greater.



How do we stop the overwhelm? How do we gauge our level of stress? The first step is to recognize that you are stressed. Only after recognizing that you are stressed can you successfully address it.





Stress that goes unchecked and unmanaged greatly affects your ability to accomplish other tasks. The following are just a few signs that you are stressed:

- Neck pain
- Back pain
- Headaches
- Insomnia
- Memory problems
- Dry mouth
- Anxiety
- Upset stomach
- Irritability
- Fatigue
- Lack of focus and/or concentration
- Chest pains
- Loss of appetite or overeating comfort food
- Being short tempered



Luckily, there are ways to help cope with stress. The following are just 56 ways of over 100 that will help you :

1. Close your eyes.
2. Get up 15 minutes earlier.
3. Change your radio station to relaxing music.
4. Set appointments ahead of time.
5. Visit an art gallery.
6. Drink a glass of water.
7. Make duplicate keys.
8. Say “No” more often.
9. Set priorities in your life.



10. Watch a classic film.
11. Watch a nature show.
12. Simplify meal times.
13. Buy yourself a present.



14. Anticipate your needs.
15. Take a walk outside in nature.
16. Break large tasks into bite sized portions.
17. Look at problems as challenges.
18. Unclutter your life
19. Smile often.



20. Pet a friendly cat or dog.
21. Be ok with not knowing all the answers.
22. Look for the silver lining.
23. Teach a kid to fly a kite or go out and fly a kite.
24. Walk in the rain.





Breathe

25. Get up early and stand in the ocean/river/lake.
26. Take a bubble bath
27. Believe in you and your abilities.
28. Turn off the news.
29. Visualize yourself winning.
30. Develop your sense of humor or go to a comedy show.
31. Look up at the stars.
32. Camp under the night sky.
33. Practice breathing slowly.



34. Read poetry.

35. Write poetry.

36. Take stock of your achievements.

37. Speak daily affirmations AND claim them.

38. Find/Develop a support system.

39. Adopt a positive mindset.

40. Garden.

41. Practice grace under pressure.

42. Plan a trip AND go!

43. Read your horoscope.





44. Make art.
45. Learn to meet your own needs.
46. Practice self-care
47. Exercise daily.
48. Go to bed early.
49. Clean out one room.
50. Go swimming.
51. Cook a meal.
52. Have dinner by candlelight.
53. Recognize the importance of unconditional love.
54. Keep a journal.
55. Quit trying to “fix” other people.
56. Relax and take each day at a time.

