



BEHAVIORAL HEALTH SYSTEM

800-831-1700

DEALING WITH STRESS

WE ARE HERE WITH SUPPORTIVE BEHAVIORAL HEALTH SERVICES FOR ADULTS AND ADOLESCENTS



IN TODAY'S WORLD, THINGS MOVE FAST AND STRESS CAN BUILD QUICKLY

Everyday events and situations that we are unprepared for can cause us to feel insecure and uncertain and can have an uncontrollable impact on our lives. If you or someone you know is experiencing any of the following, we can help.

- Overwhelming work or school demands and frustrations
- Negative thoughts and feelings about yourself or others
- Problematic interactions with peers/friends at work, school or on social media
- Unsafe environment at home, work or general surroundings
- Separations, divorce, parental split or the passing of a family member
- Chronic illness or severe family problems
- Traumatic events on a consistent basis

Left unchecked, continual feelings of stress can lead to:

- Anxiety
- Withdrawal
- Physical illness
- Aggressive behavior
- Reliance on drugs and or alcohol

101 Ways to Relieve Stress

- Exercise and eat regularly.
- Avoid excess caffeine.
- Get enough sleep.
- Avoid illegal drugs, alcohol and tobacco.
- Limit social media usage.
- Simplify meal times.
- Learn relaxation breathing and exercises.
- Decrease negative self-talk.
- Learn to feel good about doing a competent job rather than demanding perfection.
- Listen to music, talk to a friend, draw or write.
- Build a network of friends who help you cope in a positive way.
- Get up 15 minutes earlier.
- Prepare for morning the night before.
- Set appointments ahead.
- Don't rely on memory. Write it down.
- Practice preventive maintenance.
- Say "no" more often.
- Set priorities.
- Avoid negative people.
- Use time wisely.
- Always make copies of important papers.
- Anticipate your needs.
- Repair things that don't work properly.
- Ask for help with the jobs you dislike.
- Break large tasks into bite-size portions.
- Look at problems as challenges.
- Un-clutter your life.
- Smile.
- Tickle a baby.
- Pet a friendly dog/cat.
- Look for the silver lining.
- Say something nice to someone.
- Teach a kid to fly a kite.
- Walk in the rain.
- Schedule play time into every day.
- Take a bubble bath.
- Be aware of the decisions you make.
- Believe in yourself.
- Stop saying negative things to yourself.
- Visualize winning.
- Develop your sense of humor.
- Set goals for yourself.
- Dance a jig.
- Say "hello" to a stranger.
- Look up at the stars.
- Learn to whistle a tune.
- Listen to a symphony.
- Watch a ballet.
- Curl up in bed and read a story.
- Do something brand-new.
- Stop a bad habit.
- Take time to smell the flowers.
- Find support from others.
- Ask someone to be your "vent partner."
- Do it today.
- Work at being cheerful and optimistic.
- Put safety first.
- Do everything in moderation.
- Pay attention to your appearance.
- Strive for excellence, not perfection.
- Stretch your limits a little each day.
- Look at a work of art.
- Hum a jingle.
- Maintain your weight.
- Plant a tree.
- Feed the birds.
- Practice grace under pressure.
- Stand up and stretch.
- Always have a "Plan B."
- Doodle.
- Memorize a joke and pass it on.
- Be responsible for your own feelings.
- Learn to meet your own needs.
- Become a better listener.
- Throw a paper airplane.
- Exercise every day.
- Learn the words to a new song.
- Get to work early.
- Clean out one closet.
- Play patty cake with a toddler.
- Go on a picnic.
- Take a different route to work.
- Watch a movie and eat popcorn.
- Write a note to a far-away friend.
- Go to a ballgame and scream.
- Cook a meal and eat it by candlelight.
- Remember that stress is an attitude.
- Keep a journal.
- Remember you always have options.
- Have a support network of people, places and things.
- Quit trying to "fix" other people.
- Talk less, and listen more.
- Freely praise other people.
- Recognize the importance of unconditional love.
- Relax. You have the rest of your life to live.

Gulfport

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HOPE STARTS HERE.

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