

## **COMMON SENSE FOR STRESS MANAGEMENT**

1. Eat three meals a day, including breakfast.
2. Avoid sugar, salt, animal fat, and processed white flour.
3. Pursue regular program of physical exercise or other leisure pastime.
4. Nurture and maintain friendships.
5. Get enough sleep (6 to 8 hours).
6. Practice abdominal breathing and relaxation.
7. Schedule time and activities alone, and with others to maintain a well-rounded lifestyle.
8. Stop smoking.
9. Limit alcohol and caffeine intake.
10. Pace yourself and allow for an even flow of demands.
11. Identify and accept emotional needs.
12. Recognize early warning signs.
13. Allocate time and energy to allow for stimulation.
14. Take appropriate supplements, if needed, for proper nutrition.
15. Avoid self-medication.
16. Take one thing at a time.
17. Give in once in a while.
18. Talk out your worries.
19. Make yourself available.
20. Learn to accept the things you cannot change.