

### **Essential Tips** courtesy of Co-Op Education Centre & Job Placement Centre

Stress Management Tips

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"Take control of your lifestyle."

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### \*#1: Avoid unnecessary stress

- You have a choice to eliminate stress in your life :
  - Learn how to say "no" Know your stress limits and set boundaries to avoid stress.
  - Take control of your lifestyle Watch Turn on the TV or turn to do healthy activities such as sports when you're feeling stressed.
  - Prepare a 'to-do-list' You can avoid stress and frustration if you have pre-planned your day.



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"Deal with stress positively."

#### \*#2: Manage Your Stress

If you cant' avoid stress, manage it. stress cannot be avoided, try to manage it. Think of what you can do to prevent it from happening again in the future.

- Express your feelings instead of keeping it them to yourself -Talk to someone you can trust and feel comfortable with.
- **Be more assertive** Think positively when dealing with problems.
- **Time management** Poor time management can cause a lot of stress. Set a time frame and work within it.



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and calm

down. Then, move forward"

If you are unable to change the situation that is causing you "When facing stress, stop stress, try to adapt to it and regain your sense of control by changing your attitude.

Focus on the positives - When stress brings you down, stop to take a breather and calm yourself. Try to think of all the things you appreciate in life and move forward.

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Healthy lifestyle

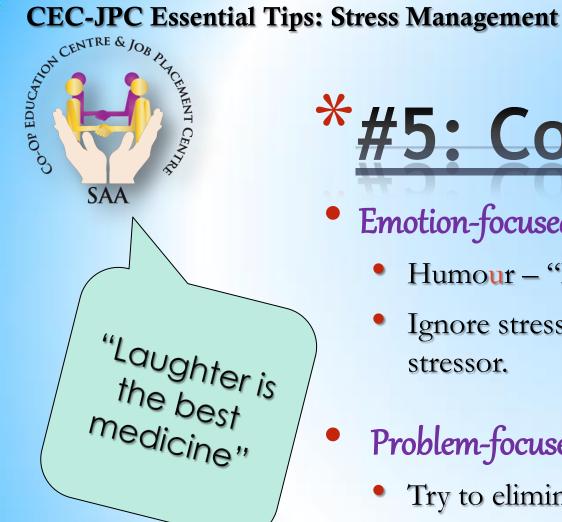
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#### \*#4: Practise a healthy lifestyle Exercise

- Exercise is the best way to become healthier.
- You can take go for a walk, do aerobics or go dancing, to name a few.

#### Eat healthily

- Eat breakfast everyday. Eating breakfast prevents helps you avoid overeating at lunch and or dinner.
- Be sure to eat healthy snacks at least twice a day.
- Get sufficient some sleep
  - Try to get at least seven to eight hours of sleep each night, including weekends.
  - Try to go to bed and get up at the same time every day to maintain your sleep-wake cycle.



# \*#5: Coping with stress

- Emotion-focused coping
  - Humour "Laughter is the best medicine"
  - Ignore stress when it is not possible to eliminate the stressor.
  - **Problem-focused coping** 
    - Try to eliminate the source of stress or reduce its impact through your own actions.



### Tune in next week for more

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