

# Essential Tips

*courtesy of Co-Op Education Centre & Job Placement Centre*

## *Stress Management Tips*

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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** ~~de~~ 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 **ed** your day.

“Take control  
of your  
lifestyle.”



## \* #2: Manage Your Stress

*If you can't 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.*

"Deal with stress positively."

- **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.



# \* #3: Adapt to situations

If you are unable to change the situation that is causing you 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.

“When facing stress, stop and calm down. Then, move forward”



# \* #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.

Healthy  
lifestyle



## \* #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.

“Laughter is  
the best  
medicine”



*Tune in next week for more*

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