

TEN POWERFUL STRESS REDUCERS



All of us face tremendous stress everyday. How we deal with that stress is what affects our health, happiness, success and our relationships. The following suggestions will help us all deal with our individual stresses.

- 1** Be aware of what your stressors are, as well as your emotional and physical responses to a stressful event. Some people think if you ignore the stress it will go away (putting a lid on the garbage can does not get rid of the garbage). On the contrary, you must first understand what it is that bothers you before you can begin to fix it. This is the first step towards lowering your stress.
- 2** Recognize what you can realistically change. Do not make expectations of yourself that you cannot fulfill. That would just lead to more stress. Appreciate the fact that you are an important individual who can only do so much. You are not Superman or Superwoman.
- 3** Change your perception. Take a step back and ask yourself if the situation is really the way it seems or are you adding something on. If we change our perception of things then our emotions will follow.
- 4** Take time for yourself throughout the day. Take frequent breaks from whatever you are going. Plan your daily rewards such as taking walks or getting a cup of coffee. (Be aware that too much caffeine may cause anxiety). Moderation in everything is the best rule.
- 5** It takes stress to remember things. (The Zigot effect). If you have a list of things to do, write them down. This is very helpful for people who cannot sleep because they have so much on their mind. Get up and write it on a piece of paper and keep that paper on your nightstand. You then can go to sleep knowing that you will not forget.

- 6** Maintain friendships and support. We all need to talk and share information. Have you noticed how groups form outside of a Starbucks? Chit chat many times leads to friendships. Be consistent with routines and you will develop many types of friendships.
- 7** Maintain a reasonable physical routine. Vary it to keep your interest. Do not get bogged down by the thought that you will have to work out like Arnold S. Just go for a walk.
- 8** Maintain a healthy approach to food. This does not mean diet. It means eating the things that will keep you full of energy. Moderation and proper intake of food. Starvation will only stress you more. We need carbs. They make us feel good. Just be reasonable.
- 9** Recognize that everything changes. What is bad today could be good tomorrow. What happened today will be forgotten later. Everything does change and time will help.
- 10** Appreciate yourself. You are a unique individual who has imperfections like everyone else. Look at the good!

If you are still having difficulty in coping with problems and feel either stressed, anxious, depressed or simply want more improvement, call for a free referral. We specialize in helping the caller with questions and direct them to the proper resource.



Dr. Elliott Goldstein is a licensed Clinical Psychologist. His career has spanned over 30 years and included administering nationally known hospitals and drug treatment programs. He received several awards for program development as well as recognition for facilitating top clinical programs. Dr. Goldstein also developed one of the largest

Crisis Intervention Teams in Los Angeles County, which serviced many hospitals throughout the County including UCLA NPI. He is the founder and CEO of Allcare Behavioral Health Services which is a 24/7 centralized call center for emergency mental health services in addition to several clinics. www.allcare.net.