

Stress Reduction Strategies

Instructions: Rank order (1 being the highest), the following stress reduction strategies that you can implement between now and the end of the semester.

- _____ Separate from an external stressor...a challenging relationship, job, or situation
- _____ Resolve incompletes – Take care of it now!
- _____ Keep your finances organized
- _____ Say “no” – Understand your boundaries
- _____ Exercise
- _____ Schedule and plan time to Relax
- _____ Get a massage
- _____ Listen to uplifting music
- _____ Laugh
- _____ Reframe...visualize problems and troubles shrinking to a manageable size
- _____ Take a mental vacation...quietly close your eyes and imagine yourself somewhere else
- _____ Change your attitude...Focus on the positive
- _____ Find the opportunity in the problem