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.

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