15 STEPS TO LOWER STRESS

1. Invest thirty minutes in vigorous physical exercise, three to five times per week (assuming your doctor doesn't have a problem with that). Work up a sweat.

2. Learn relaxation techniques.

3. Cut down on caffeine.

4. Eat right.


6. Develop better time management habits.


8. Get plenty of sleep.

9. Smile more. Laugh. Use humor to lighten your emotional load.

10. Count your blessings daily. Make thankfulness a habit.

11. Say nice things when you talk to yourself.

12. Simplify.


14. Forgive. Grudges are too heavy to carry around.

15. Practice optimism and positive expectancy. Hope is a muscle-- develop it.

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