

MANAGING STRESSORS

LONG-TERM STRATEGY: ELIMINATE THE STRESSORS AT THE SOURCE

This is the best way to manage stress because these strategies seek to eliminate or minimize the stressors. These create, or enact, a new environment for the individual that does not contain the stressors. Some examples of such long-term strategies include

- improving time management skills
- determining and aligning everyday decisions with personal priorities
- collaborating with others more
- fostering the development of emotional intelligence (self-knowledge, self-control, self-motivation, empathy, interpersonal competence)
- work redesign
- goal setting

LONG-TERM STRATEGY: REDUCE THE STRESSORS' IMPACT ON YOU

The next most effective stress management strategy is improving one's resiliency when encountering stressors. These strategies produce long-term benefits, but they also take quite a long time to implement.

- BODY:** Physiological resiliency is strengthened through increased cardiovascular conditioning and improved diet.
- MIND:** Psychological resiliency and hardiness are improved by practicing goal-setting, small-win strategies, and deep relaxation.
- HEART:** Social resiliency is increased by fostering supportive relationships, emotional connection, and cooperation among coworkers, family, neighbors, and friends.

SHORT-TERM STRATEGY: RESPOND TO THE STRESSORS IN A HEALTHY WAY

When circumstances make it impossible to apply longer-term strategies for reducing stress, short-term strategies can temporarily alleviate the symptoms of stress. These strategies have short-term effects, but they can be applied immediately and repeated over and over again. Some examples are:

- Prayer
- Relaxation techniques
- Meditation
- Physical exercise
- Journaling
- Creative outlets
- Music
- Time spent in nature

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"The greatest discovery of my generation is that human beings can
alter their lives by altering their attitudes of mind."

William James



