



Enriching Lives

A.C.T. NEWSLETTER

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STRESS BUSTERS – In today's fast-paced and globally-connected world, stress has become a fact of life. Stress can cause people to feel overwhelmed or pushed to the limit. The consequences of poorly managed stress range from fatigue to heart disease and obesity, it is important to know how to recognize high stress levels and take action to handle it in healthy ways. Being able to control stress is a learned behavior, and stress can be effectively managed by taking small steps toward changing unhealthy behaviors.

Tips on Managing Stress:

- **Understand how you experience stress.** Everyone experiences stress differently. How do you know when you are stressed? How are your thoughts or behaviors different from times when you do not feel stressed?
- **Identify your sources of stress.** What events or situations trigger stressful feelings? Are they related to your children, family, health, education, financial decisions, work, relationships or something else?
- **Take care of yourself.** Eat right, get enough sleep, drink plenty of water and engage in regular physical activity. Ensure you have a healthy mind and body through activities like yoga, taking a short walk, going to the gym or playing sports that will enhance both your physical and mental health. Take regular vacations or other breaks from work. No matter how hectic life gets, make time for yourself — even if it's just simple things like reading a good book or listening to your favorite music.
- **Limit alcohol and stay away from illegal drugs.** Alcohol and drugs aggravate stress.
- **Get involved.** Being active in the community creates a support network and gives you a break from your everyday stress.
- **Do your BEST instead of trying to be PERFECT.** We all know perfection is not possible, so be proud of however close you get.
- **Take a time-out.** Take a deep breath and count to 10. Stepping back from a problem lets you clear your head.
- **Put situations in perspective.** Think about your situation. Ask yourself whether it's really as bad as you think or if you could be blowing it out of proportion.
- **Reach out for support.** Accepting help from supportive friends and family can improve your ability to manage stress. If you continue to feel overwhelmed by stress, you may want to talk to a psychologist, who can help you better manage stress and change unhealthy behaviors.

For more information, please contact Dr. Drecun at Dr.Drecun@a4ct.com or visit us online at <http://www.a4ct.com>.

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