

SMCA
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HOW TO REDUCE STRESS

Use the back of sheet if more space is needed.

1. PRIORITIZING CHORES, TASKS, ETC.

Human being can carry limited load. If you are carrying a load above and beyond your capacity one option you have is to postpone some of the chores. When you feel overloaded, write down your chores and then prioritize them based upon urgency, their importance and their deadlines.

Which tasks you will postpone? Urgent Vs Important Pay attention to deadline

List a few activities, chores, or responsibilities that you can postpone.

1.

2.

3.

4.

5.

2. DELEGATING CHORES, TASKS, ETC.

When you feel overloaded and overwhelmed by the chores, one way to unload is to relegate some of the chores to the people you trust and have the competency, interest and motivation to carry out those chores.

Give some examples of your chores and responsibilities that you could delegate to others to do in your place.

1.

2.

3.

4.

5.

3. INCREASING COMPETENCY IN DOING CERTAIN CHORES

Becoming more skillful at certain jobs or tasks can make them much easier to do. When you increase your competency in doing your chores, you do those chores faster, and with much less effort. In other word you become more efficient and obviously more productive.

Give some examples of skills that you could improve to reduce your stress.

1.

2.

3.

4.

5.

4- CHANGING YOUR ATTITUDE TOWARD STRESSORS

An irrational attitude toward chores and responsibilities can make them more formidable. Give examples of some of the attitudes you could change. (ex: Are you exaggerating things? If your boss criticizes you for making a mistake, why do you have the attitude that he is going to fire you?)

1.

2.

3.

5- INCREASE YOUR INTEREST IN THE CHORE YOU ARE GOING TO DO.

If you don't like what you are doing, it will be more stressful to do it than when you are interested in that particular chore. Make sure that your interest in your job or the chore you are doing is not diminishing and try to continuously work

6- INCREASE YOUR PHYSICAL ACTIVITIES, INCLUDING EXERCISE

Exercise can reduce stress.

List some physical activities that you could use for reducing stress.

1.

2.

3.

7-USING RELAXATION & MEDITATION

Use of relaxation and meditation exercises can reduce stress.
Give some examples of things you do to relax yourself.

- 1.
- 2.
- 3.

8-GETTING ADEQUATE REST & SLEEP

Sleep helps in tolerating the stress or magnitude of stress.
Give some examples of ways you can improve your sleep.

1. Foods you want to avoid
2. Relationship changes
3. Emotions you want to avoid

9-REDUCING STRESS IN RELATIONSHIPS

1. Decreasing Conflict
2. Improving relationships (see healthy relationship assignment)

10-REDUCING THE STRESS OF PHYSICAL DISEASE

A-Reducing the stress of chronic disease

B-Improving the physical fitness level

11-HAVE A SENSE OF HUMOR:

Humor is one of mature defense mechanisms that one can use to deal with stress. Humor helps you to express your thoughts, feelings, and show your behavior in overt way. Those who have sense of humor are less prone to suppress, or repress their emotions.

Humor help you talk about most unpleasant or even painful issues in funny and pleasant way. When you use humor not only you make those painful issues much less painful for yourself, but may also be able to talk with other people about those issues and make them laugh.

E.g.: My dad was an alcoholic and although he physically abused us but did it fairly- he abused all of us!

12. BELIEVE IN SPIRITUALITY:

It has been shown over and over that people who believe in religion and/ or spirituality have much tolerance for and show much more strength in going through stressful situations.

Spiritually does not mean religion, therefor you can be spiritual person without being religious

You also can be spiritual person without believing in God as defined in religious terms.

Spiritual person is an individual who is in peace with himself and his outside world. He may or may not accept an existence of Supreme Being in his belief system.