

Do you want less stress? Do you want less stress?

Try to See Things from the other Person's Perspective-



When we communicate with each other we express ourselves according to our life's perspective. Your perspectives are unique to you. Your unique background and experiences can cause you to vary in the way you perceive and respond to life versus others.

Your stress level can be negatively impacted when you view things only from your perspective.

Take time to listen and try to understand the other person's perspective.

It helps to acknowledge another's perspective even if we do not agree. It can bridge the communication gap by opening your awareness to other views.

Get your Rest.

Let's face it, when you are tired, who has patience? Who wants to wait in traffic or a long line when you are tired?

So get your rest, instead of getting stressed.



Eat Right.

Some people have little tolerance when they become hungry. When their blood sugar drops, they need to get to food in order to change their deteriorating mood. Carry a snack so you can fill up before you blow up.

Think before you react.

When you disagree, or are hurt by what is said by someone, rather than spewing out something you will regret, take a couple deep breaths, walk or turn away in order to regain your composure. In other words, stop long enough to think, in order to respond clearly and calmly, rather than react.

Take a Break.

Your mind is not made to keep going without taking a break. Even a 15 minute break away from your work site, or away from the kids and the stresses at home make a difference. Taking a break between traveling from work to home is also important. It is recommended that you stop off, for example, to run an errand you have put off, stop to look at the newspaper, or buy a soda or coffee. When you do this, the responsibilities you have awaiting you at home will seem a little less stressful.

Make the Length of your Daily Task List Realistic.

Although it would be nice to have everything in order and on time on a regular basis, there will always be more that needs to get done. Do not focus on what is not done. Focus on what you accomplished and reward yourself for getting that part of your list done. Prioritize the remaining items according to urgency for the next day and plug away. Do not forget to break large tasks into smaller tasks when the large task feels overwhelming.

(Photograph by Dan Heller)



Good Time Management Leads to Good Stress Management.

Figure in time for unexpected interruptions or delays and longer waiting periods than you had expected. A little buffer time for travel, errands, and daily tasks goes a long way in reducing your stress level while you are busy running in this human race.

The More Frustrated You Become, The Less You Accomplish!

Need help coping with stress?



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