

# Get A Handle On Stress: Don't Let it Get the Best of You

It may surprise you to learn that you do need stress in your life! Without some stress, your life would be dull and unexciting. Although it can add challenge and opportunity, too much stress can be harmful to your physical and mental health. The key is to make stress work for you instead of against you. This can be a challenge in a world where deadlines and pressures seem endless.

When an extreme amount of stress does appear in your life, it is important to recognize and deal with it. Here are some suggestions on how to handle stress.

## **Create Quiet**

It isn't always possible for you to run away when things get rough. A relaxing scene painted mentally can take you away from the turmoil you are feeling. Brighten your mood by reading a good book or playing your favorite CD to create a sense of tranquility and peacefulness.

## **Nurture Emotions**

A good cry can actually be beneficial. It is a healthy way to relieve your anxiety. Crying might even prevent a headache or some other type of physical problem. Taking deep breaths can also release tension.

## **Share Stress**

It often helps to talk to someone about your concerns and fears. Letting out your worries may help you see your problems in a different light. There are many people you can open up to. Perhaps a friend, family member or counselor can be of assistance.

Serious problems sometimes require professional help from a psychologist, psychiatrist, social worker or mental health counselor. Getting help now may keep you from facing serious problems in the future.

## **Know Limits**

There are some situations that simply can't be changed. If a problem is beyond your control, don't fight it. Learn to accept those circumstances that you aren't able to do anything about.

Eventually you might have the power to change the circumstance. In the mean time, try focusing on the things you can change.

As you begin to understand more about how stress affects you, you may even begin to come up with your own ideas about how to ease the tension life brings. Make sure you are in the driver's seat. Don't let stress keep you down.