

The Ten Habits of Highly Effective Stress Managers

- 1. They know how to relax.**
You need to know how to let go of tension, and be able to relax your body and quiet your mind.
- 2. They eat right and exercise often.**
Be nutritious and engage in some form of physical activity regularly.
- 3. They get enough sleep.**
Go to sleep at an hour that ensures that you will get enough rest.
- 4. They don't worry about the unimportant stuff.**
Know the difference between what is truly important and what is not. Put things into perspective.
- 5. They don't get angry often.**
Avoid losing your temper. If you do become angry, try to remain in control of your anger so that it does not become destructive.
- 6. They are organized.**
Feel a sense of control over your environment. A cluttered and disorganized life leads to a stressed life.
- 7. They manage their time efficiently.**
Know how to use time well. Be in control of your schedule. Learn to say "no."
- 8. They have and make use of a strong social support system.**
Spend time with your family, friends and acquaintances. Have people in your life who listen to you and care for you.
- 9. They live according to their values.**
Know what is important and what is not. Make sure your goals are significant and worthwhile.
- 10. They have a good sense of humor.**
Laugh at life's hassles and annoyances. Be able to laugh at yourself, and don't take yourself too seriously.