

13 tips to take control of stress

Stress is a part of everyone's life in one way or another. But did you ever consider that stress doesn't always have to be a bad thing? What if you found ways to make stress a positive thing?

Stress is complicated and tends to impact people over a long period of time. Here are a few tips to help you manage your stress.

1. **Get organized.** Being unorganized creates stress and leaves you feeling out of control and overwhelmed. Get your house or your desk or your car in order and then feel the wave of relief that comes over you.
2. **See things from another angle.** View stress as an energizer. Consider each new demand as a challenge, no matter how difficult it may seem.
3. **Take charge.** Although you can't control other people's actions, you can control your response to what comes your way. When it comes to managing your emotions, you're the boss.
4. **Think big.** Think in terms of long-range goals, not just day-to-day problems so you can see beyond the immediate situation.
5. **Find true friends.** Having supportive friends is a key to reducing stress. Good friends should recognize your strengths and lend a hand in stressful situations.
6. **Learn from it.** Look for meaning in the stress you have experienced. For example, a sick family member may have caused a great deal of stress, but the situation brought your family closer.
7. **Be proactive.** Learn to recognize the early signs of your stress, such as anger, taking on too many things, working too much or irregular sleep patterns. Think about what you can do to reduce the negative stress effects.
8. **Accept limits.** Understand your boundaries. Set realistic expectations for yourself.
9. **Use your strengths.** Recognize your strengths and focus on projects that allow you to use them. Taking on too much can make you feel out of control.
10. **Make decisions.** Indecision increases stress. Start by making small decisions and acting on them.
11. **Laugh.** Laughter is indeed the best medicine. Laughing at yourself can relieve stress.
12. **Keep yourself healthy.** Take care of your body by eating healthy foods and drinking plenty of water. Find time to exercise.
13. **Pay attention to your body.** There are times when our bodies send signals telling us to slow down and take a break. When you experience physical signs such as exhaustion, restless sleep, headaches, body aches and other types of pains, take time to renew your body and your mind.

Resources

[National Institute of Mental Health](https://www.nimh.nih.gov/health/publications/stress/index.shtml)

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Help is available. For additional information, visit MagellanHealth.com/MYMH