



COPING WITH STRESS



There are a lot of challenges in the world today. There is a lot of negative news or sensationalism. We can, even accidentally, get caught up in the negativity of it all. How does one handle the stress, or cope with the problems we face?

One way is prevention. If we look ahead to see what normally creates stress or drama in our life we can take actions and adopt behaviors that will mitigate these potential problems. For example, if we get stressed when we are disorganized or behind we can try hard to have a plan to catch up, or get on a routine that supports us.

“Stress is not what happens to us. It’s our response TO what happens. And RESPONSE is something we can choose.”

-Maureen Kiloran

We can also keep ourselves physically healthy so we can cope with the challenges efficiently and effectively. Furthermore, we can keep our minds strong, calm and happy so we can make the best possible decisions with the information we have at hand, and keep positive and strong during times of trouble.



We can also use communication as a tool to calm a bad situation or fix or resolve problems at home, work or with friends.

We can teach prevention and safety to our children so they know how to stay safe in the world, how to take care of their mental and physical health. In that vein, they can also learn to do homework on a regular schedule, learn the discipline of chores.

Overburdened, overbusy people might greatly benefit by learning how to ask for help, how to delegate to other family members and how to maximize effectiveness and productivity.



“Stress is the trash of modern life—we all generate it but if you don’t dispose of it properly, it will pile up and overtake your life.”

-Danae Pace

KATRINA GREENE, MSW

SUCCESSFUL LIFE COACHING

WWW.SUCCESSFULLIFECOACHING.COM

631-567-0008



“Adopting the right attitude can convert a negative stress into a positive one.” ***-Hans Selye***

