

## **TIPS ON: HOW TO De-STRESS and TAKE CARE OF YOURSELF**

- Know that it is okay to take care of yourself. It is not selfish to put your needs first when feeling overwhelmed and stressed.
- Let others know that you are overloaded. If you don't tell them, then they will not know.
- If you need something from your family and friends, ask them for it. Be specific. Often people want to help, but don't know what would be helpful.
- **You might** find that **solitude and private time** to meditate, reflect and pray is helpful.
- **Take time to nurture yourself:**
  - a warm bath
  - listen to soft music
  - take a walk
  - sometimes vigorous exercise helps
  - attend to a hobby or task that is enjoyable to you
  - read a fun novel
  - see a good movie, alone or with a friend
  - get your hair done or get a manicure/pedicure
- Give yourself **more time** for daily routines.
- Let go of some things **-reprioritize**.
- It's okay to give up a task or responsibility or to take a week or two off of duty.
- **Be forgiving** of yourself.
- **Be kind to yourself**.
- Other.....
- Call the **Stone Center Counseling Service, ext. 2839** for support.

R. Cook-Nobles, 2/05