1. **Recognize Your Symptoms of Stress**

2. **Look at your current lifestyle & see what can be changed**
   - in your work situation,
   - your family situation or your everyday schedule.

3. **Use Relaxation Techniques**
   - Breathing Exercises
   - Meditation & Yoga
   - Massages

4. **Exercise**
   - Physical Activity
   - is one of the most effective stress remedies around

5. **Time Management**
   - Do essential tasks & prioritize the others
   - Consider those who may be affected by your decisions, such as family and friends.
   - Use a check list so you will receive satisfaction as you check off each job as it is done

6. **Tackle One Thing at a Time**
   - Don't try to do too much at once
   - Don't try to be perfect
   - Don't be too competitive

7. **Help Others / Practice Kindness**
   - Make the first move to be friendly
   - Volunteer work can be an effective and satisfying stress reducer.

8. **Monitor Your Diet / Nutrition / Health**
   - Alcohol, Caffeine, Sugar, Fats and Tobacco all put a strain on your body’s ability to cope with stress.
   - A diet with a balance of fruits, vegetables, whole grains and foods high in protein but low in fat will help create optimum health.
   - Contact your local branch of the Heart and Stroke Foundation for further information about healthy eating.

9. **Talk with Others**
   - Talk with Friends, Professional Counselors or Helping Professionals, Support Groups or Family/Relatives about what is bothering you.

10. **Leave Yourself Some Time that’s Just for You**
    - Read a book / Watch a Movie / Sport
    - Play a Game; Listen to Music; Hobbies
    - Go on vacation
    - Volunteer work can be an effective

11. **Get Enough Rest & Sleep!**