

POSITIVE COPING SKILLS TO OVERCOME STRESS

Tips to rebuild your personal energy and motivation from Dwight Bain.com

Physical:

Sleep (7-9 hours)
 Eat healthy foods
 Regular meals
 Vitamins/Supplements
 Low impact exercise
 Deep breathing
 Tense/relax exercises
 Safe Hugs/affection
 Schedule & daily routines
 Medication (proscribed by your MD)
 Regular physical checkups
 Quiet times of rest or naps
 Avoid alcohol & caffeine
 Warm baths to relax
 Massage tired muscles
 Scented candles to relax

Emotional:

Positive relationships (family & friends)
 Build positive esteem
 Personal planning time
 Deal directly/and talk about:

- Anger
- Anxiety
- Apathy

 Victory list of achievements
 Hobbies/activities
 Laughter-fun-playtime
 Short term goals
 Doing good for others
 Share your burdens
 Join supportive groups
 Counseling
 New challenges
 Reading
 Learn to say “No”
 Organize time/use a schedule planner
 Leave work at work

Spiritual:

Study the Bible or inspirational books
 Apply ethical principles to life
 Prayer & Meditation
 Journaling out your stress
 Regular worship experiences
 Inspirational music to relax and renew
 Dump the ‘noise’ of negative media
 Seek 12 step groups as needed
 Church supports & educational classes
 Spiritual landmarks of past experiences
 Keep life priorities balanced
 Memorize scriptures to keep focused
 Observing a day of rest & renewal
 “Things come to pass – not stay”
 Be consistent to match your beliefs & values with your words & behavior
 Realize God really loves you and you are not alone in the world
 “Re-create” Spiritual energy through spiritual experiences alone & with others