

Hints for Coping with Change and Stress

Washington State Employee Assistance Program

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DO NOT TAKE RESPONSIBILITY FOR ANYONE ELSE'S HAPPINESS!

Delegate or divide the work among those with whom you share your life. Don't rescue, if someone fails to carry out their part, let them find their own solutions and let them deal with the consequences. Don't take on the responsibility for other people's attitudes.

DO NOT REINFORCE WHINING BEHAVIOR BY PAYING ATTENTION TO IT. Don't let someone else's stress become your stress.

VIEW ANY TASK YOU TAKE ON AS A CHOICE YOU HAVE MADE. Attitude makes a difference. "I chose to..." rather than "I have to..."

WORK AT STAYING IN THE MOMENT. Don't worry about tomorrow's tasks today. Give positive attention to the tasks before you at the moment.

ELIMINATE A SENSE OF COMPETITION. Life is not a contest.

GIVE YOURSELF GIFTS. Nurture yourself. Be a little selfish.

DO THINGS WITH YOUR FAMILY AND FRIENDS THAT YOU ALL ENJOY. Don't pretend to be enthusiastic. Look for alternative activities that everyone will enjoy.

REFUSE TO BE LONELY, EVEN IF YOU ARE ALONE. You can choose what you think and experience. Again, nurture yourself. Remember that doing is an antidote for depression.

DO NOT OVERSPEND AND GO INTO DEBT. Avoid setting yourself up for "future stress" when the bills come in.

AVOID SELF-DEFEATING HABITS. You know those things that are harmful to your health and well-being. Do not overeat. Do not drink too much. Get enough rest.