Coping with Stress, Part II
By Norb Slowikowski

In last month’s article, we defined stress and how it affects your life. Ideas for reacting to stress were also identified. This month, we will go over more specific strategies for coping with stress. The following are some ways to get out of the “stress trap” and how to handle stressful situations more creatively to make it work for you.

Develop Self-Understanding
- Analyze your success.
- Get feedback from others about how they see you.
- Identify what is controllable in your life and what is not.
- Above all, be honest with yourself.

Improve Your Mind
- Clear your mind of negative thoughts.
- Spend 15 minutes a day learning something new.
- Read books that enhance your career.

Develop Healthy Attitudes
- Have an attitude of gratitude.
- Think positively.
- Learn to accept what cannot change.
- Embrace change.
- Learn to live in the present.
- Enjoy leisure time.

Control Your Emotions
- Work off your anger through a physical activity.
- Develop the “art of calm.”
- Don’t blame others for the way you feel.

Strengthen Your Body
- Learn to relax.
- Get proper rest.
- Have a well-balanced nutritional diet.
- Practice good posture.
- Engage in regular exercise at least 30 minutes per day.

Improve Your Personal Relationships
- Do something positive for others.
- Establish win/win relationships.
- Avoid criticizing and/or blaming others.
- Make clear choices.
- Take charge of getting involved.

Lift Your Spirit
- Keep things in proper perspective.
- Learn to let go.
- Get rid of your ego’s need to always be right.
- Develop a sense of humor.
- Give something back to the world around you.

Live a Healthy Lifestyle
- Be yourself. Be genuine.
- Arrange to have variety in your life.
- Take one thing at a time.
- Avoid putting things off—develop a sense of urgency
- Take time for yourself.

Are any one of these coping strategies perfect for you? Probably not. However, a combination of coping ideas might stimulate the right actions for you. At least it’s a place to start.

Take the time to formulate a plan that will help you be more creative in managing stress in your life. It is up to you to choose the changes you want to make if you want more freedom and joy in your life.

About the Author
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