

# The Twelve Point Plan for Stress Control

1. If you feel yourself becoming stressed, try to find somewhere quiet and do some relaxation exercises or meditation.
2. Work no more than 10 hours of each day.
3. Make yourself take a break in the middle of the day – go for a walk, meet someone for lunch—do anything that will break the routine.
4. Have at least one full day in every seven away from your work routine and try to do something pleasant.
5. Take regular exercise – if not daily, then twenty minutes, three times a week.
6. Try to think logically and rationally about your problems. Take your time. If, for example you are going to be late for an appointment, reduce your stress levels by finding a phone to call and say you will be late.
7. If you have severe emotional or sexual problems, do seek professional help. Just taking that step can do a lot to relieve the pressure.
8. Don't rely on drugs, alcohol, cigarettes, or other stimulants to see you through a period of stress.
9. Don't set unrealistic goals and deadlines for yourself.
10. Don't dwell on the past or fret about the future – concentrate on what is happening now.
11. Deawfulize situations – in other words don't make mountains out of molehills, keep things in perspective.
12. Don't 'should' on yourself, give yourself a break. Relieve yourself of this internal pressure.