

HELPFUL INFORMATION

DEALING WITH STRESS

by

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Stress results when you have difficulty coping with another person, a problem situation and/or have personal issues and problems.

Inappropriate Ways of Dealing with Stress:

Not taking responsibility for problems or stressful situations.

Physically withdrawing, avoiding or escaping from problems.

Stuffing, repressing or suppressing feelings and thoughts regarding your problems.

Projecting blame onto others or something else.

Remaining angry to avoid internal feelings.

Medicating self or abusing alcohol or drugs.

Working, eating, spending, gambling or engaging in sex or an activity in an excessive, obsessed or addictive way.

Appropriate Ways of Dealing with Stress:

Facing and taking responsibility for your problems.

Looking at resolving problems in an optimistic and realistic way.

Finding someone to trust, talk with and assist you with your problems.

Opening up, becoming aware of and releasing internal feelings and thoughts regarding stressful situations.

Having an 'I win' attitude.

Relating to others in an 'I win - you win' way.

Learning from your mistakes.

Developing goals and a game plan to deal with and win with your stress.

Being loving and forgiving toward yourself.

Looking at a stressful situation as a challenge to conquer.

Through your own knowledge and understanding you can be helpful to yourself and others.