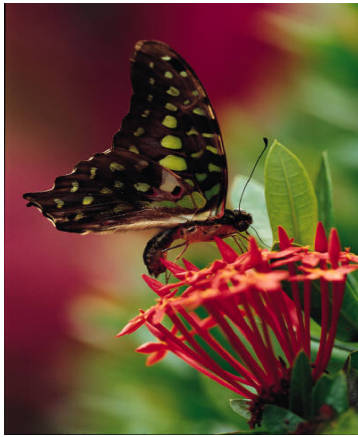


Some hints to help you *Handle Stress*



When you begin to feel overly stressed:

1. STOP!... Think calm... Start again.
2. Break up the *one large task* into many *little, easily-completed tasks*.
3. Realize that the *only* thing you can control is *your response* to other people and events.
4. A little stress is not all bad. It stirs you to action.
5. Think positive... “I can handle this.”... “Just take things one step at a time.”
6. Try to plan ahead. Planning reduces the anxiety of the unexpected.
7. Talk about your stressors with a friend or companion.
8. Seek comfort in your spiritual beliefs.
9. Get a good restful sleep.
10. Exercise is a good stress reliever. (you may have to check with your doctor first)
11. Sometimes, you just have to *get it done*, then move on.

Remember... pressure creates diamonds.