Positively Managing Stress (Teacher Key)

The goal in stress management is to reduce or eliminate stress. Stress management techniques help individuals learn to deal with difficult situations. List techniques for stress management.

- Listen to music
- Express feelings of concern to a friend, family member or counselor
- Prioritize tasks and deal with them one at a time
- Learn to manage time wisely in order to be productive
- Make time for fun!
- Maintain a nutritious diet
- Get plenty of sleep
- Avoid overload or doing too much at one time
- Exercise for thirty minutes a day, three times a week
- Learn to relax by breathing deeply
- Reward oneself for completing or reaching a goal
- Delegate work to others when possible

Effectively Managing Stress
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