

SAGE WISDOM ON MANAGING STRESS

Mark Long, Ed.D.
Navy Health Promotion

Stress is inevitable,
distress is not

Dr.'s James and Jonathan
Quick

For most people, most of the time, most of the stress they encounter is self induced

Jeff Davidson

Distress is like an equal opportunity employer. It is blind to race, sex, age or occupation. It has only one rule- if you don't deal with your stress, your stress will deal with you

Dr. C. Edward Crowther

You are the only one
who can determine how
the stress in your life is
to be used

Dr. Kenneth Cooper

The way we perceive a situation is more important than the situation itself

Dr. Valerie O'Hara

Reframe an event by
changing the way you
look at it to emphasize
the positive

Dr. Robert Hales

There are two ways of meeting difficulties:
you alter the difficulties
or you alter the way you meet them

Phyllis Bottome

Have patience with all things, but mostly with yourself

St. Francis de Sales

If you see ten troubles
coming down the road,
you can be sure that
nine will run into the
ditch before they reach
you

President Calvin Coolidge

Although we can't
control everything that
happens in life, we can
control our attitudes
and responses

Lou Tice

Most of our stress is
caused by our negative
thinking and faulty
reasoning- creations of
our own minds

Dr.'s Arnold and Clifford
Lazarus

We can choose to
change the habits of
pessimism into
optimism

Dr. Martin Seligman

Don't weigh down your
present with fear of the
future

Dr. Thomas Whiteman, Dr. Sam
Verghese & Randy Petersen

Feeling in control helps minimize stress

Dr.s' Leslie Telfer, David
Barlow, & Ronald Rapee

When you find yourself in situations where your blood is boiling or your stomach is churning, try to get into the habit of stepping outside yourself and becoming the observer

Elaine ST. James

Carrying around useless stress is a heavy burden to both body and soul. Remember to travel light on your journey of life.

Dr. Brian Luke Seaward

When written in Chinese, the word crisis is composed of two characters. One represents danger and the other opportunity.

President John F. Kennedy

Don't sweat the
small stuff!

Dr. Richard Carlson

Laughter is like jelly-
when you spread it
around, you can't help
getting some on
yourself!

Dr.'s Manning, Curtis &
McMillen

Look for opportunities to
take good care of
yourself every day

Diane Hales & Dr. Robert Hales