

A Guide for Coping with Stress

Dr. James Mills

- Take stock and inventory of your stress
 - Recognize that stress is part of daily life
 - Use a problem solving approach
 - Think of stress as a chance to grow!
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- Take good care of yourself
 - Change your environments
 - Modify your internal goals
 - Inoculate yourself against stress
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- Learn to accept and even tolerate uncertainty!
 - Anticipate change
 - Work on your skills
 - Resolve troubles and conflicts
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- Assume control over what you can...
 - Reduce internal and external demands
 - Seek support from others
 - Get closure on unfinished business
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- A person is seen from behind, standing in a small, dark boat on a calm body of water. The scene is misty or foggy, with a soft, blue-toned background. In the distance, another boat is visible, and a structure with a pointed roof, possibly a pavilion or gazebo, stands on the shore. The overall mood is serene and contemplative.