

Tame Your Stress Response

10 tips for tackling “crisis” situations

So far, so fine. But here’s the thing. (Of course there’s a thing!)

The world is full of could-be stressors. Sometimes one big thing can weigh you down. In other moments, it’s lots of little events and circumstances.

The “fight-or-flight” stress response is forever on alert, but it was never meant to be always on. Nor is it equipped to judge levels of alarm.

“It may not know the difference between a mammoth and a traffic jam,” the Centre for Studies on Human Stress explains. “It secretes the same stress hormones, while you are stuck in traffic or being chased by an aggressive bear, which have the same effect on your mind and body.”

The body gets mixed up and run down when always dealing with “crisis” situations.

Everyone is different. Some people thrive on deadlines, love public speaking, like to get lost. There is no one-size-fits-all way to cope.

It helps to identify situations and events in your life that may activate your stress response. This book is full of tricks that can help you to pay attention in a way that will create options when you are tackling challenges.

The Centre for Studies on Human Stress is a champion when it comes to helping people of all ages and stages. They offer the following 10 tips that might inspire you to think about the way you cope. Experiment here, try one tip, then another. Find what works for you! →

- 1 BE POSITIVE**
Think of obstacles as a chance to learn
- 2 MAKE THE CHOICE NOT TO OVER-REACT** to stressors and deal with them one at a time
- 3 TAKE AN OBJECTIVE VIEW** of your stressor
- 4 COMMUNICATE**
“Don’t ruminate or bottle up your emotions.”
- 5 ACCEPT YOURSELF (AND OTHERS)**
No one is perfect!
- 6 MAKE CONNECTIONS WITH PEOPLE**
- 7 DEAL EFFECTIVELY WITH MISTAKES**
FOR MORE, SEE PAGE 132
- 8 DEAL EFFECTIVELY WITH SUCCESSES!**
“This will build on your competence.”
- 9 DEVELOP SELF-MANAGEMENT**
“Train yourself to study hard in preparation for your final exam.”
- 10 MAINTENANCE**
“Practice, practice, practice for a long life of resilient living.”

WHAT OTHER HEALTHY COPING STRATEGIES COME TO MIND?

THINK OF THREE STRESSORS IN YOUR LIFE

WHAT TIPS MIGHT YOU APPLY AGAINST EACH STRESSOR?
