

Stress



What is Stress?

Stress is a state of mental or emotional strain or tension resulting from demanding circumstances. Stress is a part of our lives and there is no getting around it. Stress is not the same for everybody and it is different for each and every one of us. What one person perceives as stressful may not be stressful for another. Each one of us responds to stress differently.

How to manage stress:

- Exercise more. Any type of exercise—jog, yoga, walk, aerobics, etc. Exercise will do more to reduce stress hormones in our body than any other activity.
- Talk to a trusted friend.
- Reduce the negative self-talk.
- Know your limits. If a problem is beyond your control and cannot be changed at the moment, don't fight it, accept it for now.
- Take good care of yourself. Get enough rest and eat well balanced, nutritious meals.
- Avoid alcohol and nicotine to "help" with the stress.
- Make time for fun, to relax or do a hobby.
- If stress repeatedly keeps you from sleeping, make an appointment with your doctor to discuss this.
- Get involved. Stress can come from not enough worthwhile things to do. Join a club or volunteer.
- Make a list of what has to be done. Prioritize the list. Start with the most important item.
- Learn and practice relaxation exercises.

For further reading:

www.helpguide.org/help-pages/stress.html

www.studygs.net/stress.htm

<http://ub-counseling.buffalo.edu/stressmanagement.shtml>

To talk with a Bucks Counselor, call 215.968.8189 or email counseling@bucks.edu to schedule an appointment.

It's FREE and confidential.



Perfectionism: Myths and Realities

Myth 1. I wouldn't be as successful if I weren't such a perfectionist.

Reality: Although some perfectionists are remarkably successful, what they fail to realize is that their success has been achieved despite—not because of—their compulsive striving.

Myth 2: Perfectionists get things done, and they do things right.

Reality: Perfectionists often have problems with procrastination, missed deadlines, and low productivity.

Myth 3: Perfectionists are determined to overcome all obstacles to success.

Reality: Perfectionistic behaviors increase one's vulnerability to depression, writer's block, performance and social anxiety, and other barriers to success. These blocks to productivity and success result from the perfectionist's focus on the final product.

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