STRESS:
Find Your Way Out

Start here

Do you need to do it?

- NO → Take steps to eliminate or reduce the stressor from your life. Seek professional help, or ask friends and family for support if needed.
- YES ↓

Is it temporary?

- NO → Is it within my control?
  - YES → Take steps to eliminate or reduce the stressor from your life. Seek professional help, or ask friends and family for support if needed.
  - Sorta → Try something pro-active: Forgive and forget, talk things over with a friend, take care of your body by sleeping and eating well.
  - NO → Try long term stressbusters: Eliminate burden by being realistic, organize your home environment to be as welcoming as possible, spend time outdoors everyday, join a caring community, set goals and priorities.
- YES ↓

Can I manage feeling stressed until the stressor is gone?

- NO → Try a quick stressbuster: go for a hike, listen to music, take a shower, think about the bigger picture and remember WHY you're enduring this stress.
  - STILL STRESSED! → Try long term stressbusters: Eliminate burden by being realistic, organize your home environment to be as welcoming as possible, spend time outdoors everyday, join a caring community, set goals and priorities.
- YES ↓

Congrats! You rock! Give yourself a pat on the back.

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