

## Managing Stress – The 10 Point Plan

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Action Point	Things For Me to Think About....
<p>1. Keep perspective.</p> <p>Event            +        Response    =        Outcome            (can't influence)    (can influence)    (can influence)</p> <p>You cannot influence the things that happen to you, but you can influence your response to them. Ask yourself, 'is my response to this situation logical, rational and in proportion?'</p>	
<p>2. Accept that you always have choices, and be assertive in explaining them.</p>	
<p>3. Take responsibility for what you want to happen.</p>	
<p>4. Support your own values behaviourally.</p> <p>Keep doing what you enjoy doing, during times of stress. For example, running, swimming, going to the cinema, etc.</p>	
<p>5. Learn to laugh honestly at yourself.</p>	

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6. Reward yourself for your achievements.	
7. Remember that personal values are personal.  No two people are the same. Accept other people's views as valid, even if they are different to yours.	
8. Have positive aims, rather than negative ones.	
9. Live by the 80:20 rule (and make your objectives achievable).	
10. Understand that there are only 3 types of problem: <ul style="list-style-type: none"><li>• Problems that you can resolve yourself</li><li>• Problems that you need help to resolve</li><li>• Problems that you can do nothing about</li></ul>	