

7 keys of Stress Management

P.R.E.V.E.N.T.

Remember, the goal of stress management is to prevent or minimise the harmful consequences the stressors of life can have on us, and to create or maximise their potential positive contributions. These 7 keys to managing stress help serve both functions.

P=Prayer - Spiritual Centring. The importance of a healthy spiritual relationship for managing stress was the biggest surprise to stress management researchers.

R=Relaxation. There are entire seminars in stress management that do nothing but teach people how to relax effectively.

E=Exercise. Stress researchers have found that regular exercise is very important for stress management.

V=Viewpoint. Having a positive attitude toward life, and a healthy set of beliefs that we live by.

E=Eating Healthfully. This is important for managing stress.

N=Neighbourly Love--Loyal Friendships / Loving Relationships. The degree to which having healthy relationships can help people manage stress was the second biggest surprise in stress management research.

T=Time Management / Organisation. Good organisation can give us significant control of the amount and degree of stress we subject ourselves to, and good time management can enable us accomplish those things which we consider to be the most important in life.