

## **Top 10 Stress Management Tips**

by [The Learning Architect](#)

- 1.** Give yourself permission to take control of the situations in your life – don't be a bystander
- 2.** Sort out the balances in your life – Ask yourself do I need to adjust my work life balance? Then implement a plan!
- 3.** Increase your resistance to stress by examining your lifestyle – is it healthy? What more could you do?
- 4.** Concentrate on internal or external pressure –take some time to review your personal beliefs to see whether the stress is self imposed or external
- 5.** Think about how to manage change better
- 6.** Concentrate on improving your relationships – at work and home
- 7.** Identify the acute or chronic pressures in your life
- 8.** Review your job or career – is it what you want?
- 9.** Tackle general and specific pressure areas in your life – but not all at once.
- 10.** Start today- don't put it off!