

UN-L for Families
Nancy Frecks, Extension Educator
UN-L Extension
SW 4 Counties
Chase-Dundy-Hayes-Hitchcock

Know Your Stressors to Combat Stress

Stress sneaks up on everyone sometimes, but the only way to handle stress is to know stress.

Be aware of the stressors in life. Who brings on stress? What brings on stress? What is going on that makes stress? Think of ways to relieve stress or how others can help relieve stress. Communication is the key. When we stress, we sometimes tend to blame those around us. When stress comes around, we don't compliment others very much. Communicate with those people to let them know what's going on. Stay calm and maintain a normal voice level. Raising voice levels when communicating to someone isn't helpful and can cause that person not to listen.

Extension Educator Gail Brand recommends, making a plan of four things to get done each day. Write them down the night before and then when they are accomplished, stress will be decreased. Though there may be more than four things to get done in a day, limiting the list to four helps keep stress down and people feel better.

What we do for ourselves and to ourselves is the key. Keeping feelings hidden and bottled up inside isn't good. We need to share feelings with those around us, get enough sleep and keep at least 10 minutes each day to ourselves. Allotting time in a day to have fun doing something relaxing is important in order to relieve stress.

For more information on reducing stress contact your local UN-L Extension office and ask for NebGuide G1886 Creating a Strong Family: Effective Management of Stress and Crises or on the web at <http://www.ianrpubs.unl.edu/sendIt/q1886.pdf> UNL Extension is committed to helping Nebraskans know how—and know now.