

What To Do About Stress - The 30 Point Plan

By Craig Lock

What To Do About Stress - The 30 Point Plan

Craig Lock
clock@xtra.co.nz

Creative Writing Course <http://www.nzenterprise.com/writer/creative.html>

What To Do About Stress - The 30 Point Plan

by Craig Lock

1. Be positive - see problems as opportunities. Have goals and visions. Have a positive mental attitude.
2. Play sports and step up your exercise.
3. Talk things over with someone.
4. Determine what causes you stress and try to eliminate it.
5. Become physically fit.
6. Balance work, home/family and recreation.
7. Enjoy your play and relaxation - it is precious time!
8. Get adequate sleep and rest.
9. Allow yourself some relaxation and meditation time every day.
10. Learn relaxation techniques and systematic ways to relax.
11. Give yourself time to think.
12. Know your limits and your symptoms of stress...and how to relieve them. Learn to say 'no' to others' excessive demands on you. Don't say "yes" when you mean "no".
13. "Coast" if necessary.
14. Worry only about that which can be changed by you. I like the quotation which goes something like this

"Accept that which cannot be changed by you and let God give me the wisdom to know the difference."
I often do not follow this rule.

15. Use your imagination to reduce your stress levels. Be creative.
16. Learn to switch off thinking about work when you get home.
17. Think about your diet and eat nutritious food.
18. Learn to plan your time better.
19. Learn to recognize and to accept your limitations as well as the limitations (and faults) of others.
20. Learn to have FUN. You must be able to enjoy your work.
21. Learn to praise others and be positive.
22. Learn to tolerate and to forgive.
23. Learn to avoid unnecessary competition. You don't have to be the best at everything.
24. Learn to confide in others.
25. Learn to accept what can't be changed in others, i.e., personality or decisions.
26. Learn to accept that some things aren't as important to others as they are to you.
27. Learn to delegate - don't try to do everything yourself.
28. Learn to recognize stress. Do not become so accustomed to feeling stress that it becomes a normal part of your life.
29. Have trust in other people.

And finally, no matter how stressful or hopeless your situation may appear to be...

30. Have FAITH IN YOURSELF AND ESPECIALLY IN GOD, The Universe, Life that things will eventually work out for you. Just know that there is a plan for your life and it is to do good deeds... and make the most of your unique potential and gifts.

All the best in MANAGING your stress levels.

Good luck

Craig Lock

Authors Note:

Craig Lock has written extensively on the subject of time management, as well as in the field of self help. This extract is from his first published book HANDBOOK TO SURVIVE- a collection of writings on various subjects to help every man or woman survive in a rapidly changing, uncertain world.

Copies are available at the SPECIAL price of \$9.99 (US), including postage. see: <http://www.novelty-gift.com/> or e-mail: clock@xtra.co.nz

Craig is the author of the first online writing course, <http://www.nzenterprise.com/writer/creative.html> .

Best Wishes from the First City to see the Sun in "Godzone" ("little" New Zealand)

Craig Lock
Creative Writing Course

<http://www.nzenterprise.com/writer/creative.html>

My various books* are available from:

<http://www.nzenterprise.com/writer/books.html>

<http://www.novelty-gift.com/>

* Fiction and non-fiction, novels on South Africa, travel, humour, inspiration, self help and money books (money management and steps to financial success).

"Life is about finding, then following the dream... and one's dream/vision comes to reality through believing in yourself, making the commitment and then creating it."

- Craig Lock

<http://www.craiglock.com>

and

<http://www.elkpublications.com/godzone.htm>

Get-Articles.com : 1000's of reprintable business and internet marketing-related articles.

[Submit your article for reprint.](#)