

**MAGR****GOVS****MN 2500 HEMI-2531**

**“If I don't think about it,  
maybe  
it will go away.”**

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**Denial**

Avoiding a situation or the fact that it exists is a way to delay moving through a difficult time. Not thinking about unpleasant things will not make them go away. Get more information and face the facts so that you can decide what to do.

For more information, contact your county extension office.

**“What you see . . .  
. . . is what you get.”**

**Definition of the Situation**

How you see the situation is important in affecting how much stress you feel. A loss for one person may be "dreadful"; for another it is seen only as a minor bother. Many things influence one's perceptions of a situation. Try to look at your perceptions and determine why some situations are stressful for you.

For more information, contact your county extension office.

**“Not knowing  
is worse than knowing.”**

**Ambiguity**

We can cope with almost anything as long as we have the facts. This is true for losses in your work life as well as personal life. Get as many facts as you can about what has happened to you. Then face those facts head-on.

For more information, contact your county extension office.

**“Nature’s way  
of managing  
stress.”**

**Fitness and Diet**

Physical fitness and good nutrition help our bodies withstand the stresses and strains of life. It's important to maintain both, especially during difficult times. Take some time to learn and think about fitness and nutrition in your life.

For more information, contact your county extension office.



**“After all that has gone wrong,  
one more thing might  
break the camel’s back.”**

**Stress Pile-up**

When you have a string of problems over time, watch out. Take care of yourself. Get support. With stress pile-up, you will be more vulnerable to crisis. Like heavy traffic on a bridge, you need to increase the supports underneath. Talk with your family and friends about the pile-up and how you feel; reach out in the community; get information.

For more information, contact your county extension office.

**“Loosen up and  
let go.”**

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**Tension-reduction**

The biggest favor you can do for yourself is to recognize signs of tension in yourself-- e.g., back aches, stiff neck or shoulders, insomnia, irritability, shortness of breath, increase in smoking or alcohol use. Be willing to face those signs and learn how to deal with them.

For more information, contact your county extension office.

**“Accentuate  
the  
Positive.”**

**Personal and Family  
Strengths**

A family that works as a team is better able to solve problems. A family that is flexible as to who does what can manage stress better. Men can help with child care and housework; women can help with earning money outside the home. Such teamwork and flexibility will help your family make it in spite of stress and trouble.

For more information, contact your county extension office.

**“When the solution becomes  
a problem”**

**Negative Coping**

Coping with stresses and strains of life may lead toward behaviors or situations that make life even more stressful. Taking one drink may help you relax at the end of the day, but taking several drinks may only make the problem worse and get you into more trouble. Make sure that the coping you do is constructive and actually helps your situation. Learn ways of constructive coping.

For more information, contact your county extension office.



**“I get by with a  
little help from my friends.”**

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**An expression of  
Social-Emotional Support**

Having the support of other people at any time, but particularly in difficult times, is very important. It is the single most effective way of dealing with the stresses and strains of everyday life. Take the time to learn how to reach out-- to family members, friends, neighbors, or clergy.

For more information, contact your county extension office.

**“Whose fault  
is it, anyway?”**

**Blaming**

Blaming yourself or other people is not a constructive way to deal with a problem. A problem may be more stressful if you think it's your fault. Forgive yourself and move on. We're all human and can make mistakes. Get what help you need so you don't make the same mistake twice. If the problem is caused elsewhere, decide what you can do about it and what you can't. Face facts.

For more information, contact your county extension office.

**“The trick is . . .  
to know when to accept  
the situation the way it is . . .  
and when to change it.”**

**Acceptance/Mastery**

Knowing when to act and when to accept a situation is a key factor in stress management. Sometimes something happens that is unfortunate but nothing can be done to change it. Even when you get the facts, there is no hope. Continuing to push for a solution will only add to your stress; but acceptance of the situation will lower the stress. In other situations, there is something you can do about the problem. Then be masterful and get to work.

For more information, contact your county extension office.

**“The bridge is  
shaking  
but it hasn’t  
collapsed yet.”**

**Burn-out**

If you're a leader or an in-charge person in your family or workplace--watch out for "burn out." Not everything that goes wrong is your problem. It may be that you have to let some things or people go at the moment. Taking care of yourself helps you to take care of others. So take care of yourself, too.

For more information, contact your county extension office.