

<b>Do</b>	<b>Do Not</b>
<ul style="list-style-type: none"> <li>⤴ Make lists of tasks and jobs that need to be done</li> <li>⤴ Practice patience with everything in life, and all people</li> <li>⤴ Try relaxation, and meditation techniques to help relieve stress</li> <li>⤴ Avoid negativity and negative persons in your life (if possible)</li> <li>⤴ Try to smile and be positive even when you aren't as it has a positive impact on your brain</li> <li>⤴ Use visualization to carry out mental imagery in your life and days</li> <li>⤴ Communicate clearly with not just others but also yourself</li> <li>⤴ Ask others for support if need be</li> <li>⤴ Reach out for medical assistance if you feel far too overwhelmed</li> <li>⤴ Take a breath of fresh air anytime you feel you need it</li> <li>⤴ Learn to just say "NO!" and stick up for yourself</li> <li>⤴ Recognize situations that cause heightened stress for you</li> <li>⤴ Remove yourself from stressful situations when you can</li> <li>⤴ Give yourself a self-analysis quiz (the one you can find in the book)</li> <li>⤴ Make use of breathing techniques to relieve stress on the spot</li> <li>⤴ Block doubts from your mind to keep focused on positives and optimism</li> <li>⤴ Be conscious of your symptoms of anxiety so you can be prepared</li> <li>⤴ Laugh and be positive when possible</li> <li>⤴ Exercise regularly, or work it into your schedule to relieve stress</li> </ul>	<ul style="list-style-type: none"> <li>⤴ Put too much on your plate in terms of things to get done</li> <li>⤴ Over exert yourself, just try to go over the border an inch at a time</li> <li>⤴ Feel that you are unable to carry out any task or any stress relief method that you try</li> <li>⤴ Become overwhelmed when unexpected events occur</li> <li>⤴ Be impatient when it comes to self-hypnosis or relaxation techniques</li> <li>⤴ Promote negativity in your life in any way at all</li> <li>⤴ Feel that you have to do everything for everybody</li> <li>⤴ Become an all-around people pleaser for the sake of it</li> <li>⤴ Force meditation or relaxation</li> <li>⤴ Hesitate to reach out for support or other help from those around you</li> <li>⤴ Keep things bottled up inside over a period of time, relieve as they come</li> <li>⤴ Listen to music that overwhelms you or stresses you out</li> <li>⤴ Overlook the importance and power of using relaxation and meditation</li> <li>⤴ Mind other people or their opinions and actions – don't worry about it</li> <li>⤴ Dwell on mistakes and past issues</li> <li>⤴ Set unrealistic goals for yourself</li> <li>⤴ Always put others needs above yourself, you are most important</li> <li>⤴ Practice negative habits such as self-medicating, etc.</li> <li>⤴ Complain about things often as it will promote negativity</li> <li>⤴ Worry – Be happy! ☺</li> </ul>