

## **Six Tips for Developing Stress-Resilient Attitudes and Beliefs**

1. Promote optimistic thinking with these strategies:

- View setbacks as temporary
- Avoid generalizing a problem to your whole life
- Don't dismiss positive events as due to luck
- Avoid blaming yourself for things beyond your control
- Practice an attitude of gratitude by focusing on what you have and positive events from the day. We can all find many positives in the course of the day if we look for them.

2. View change in your life as normal, constant, and a challenge instead of a threat. Change is stimulating, healthy, and essential for growth and personal development.

3. Develop the attitude that "people need people". Substantial evidence indicates that people with adequate social support- defined as family, friends, community contacts, social or religious organizations, or even a pet- manage stress better.

4. Don't expect perfection or that others should always meet your expectations. When perfectionism isn't achieved or the behavior of others does not live up to our expectations, we get angry or frustrated. Be realistic and modify your expectations concerning perfectionism and the behavior of those around you.

5. Empathy and forgiveness reduce stress. If you follow basic religious and spiritual teachings by forgiving when you feel you have been wronged, and treat others as you would have them treat you, you will sleep better, be happier, and healthier.

6. Instead of going to bed angry, put anger in perspective by asking yourself how important an anger-producing situation would be if you only had one week to live. Ask yourself what difference the situation will make next week, month, or year.