Learn to Plan
Disorganization can breed stress. When possible, only take on projects one at a time and work on them until they are completed.

Recognize & Accept Limits
We can never be perfect, so we often have a sense of failure or inadequacy no matter how well we perform. Set achievable goals for yourself.

Get Regular Physical Exercise & Eat Healthy
Check with your physician before starting new exercise programs or diets. You will be more likely to stick to one you like than one than makes you miserable.

Be a Positive Person
Avoid criticizing others. Learn to praise the things you like in yourself and others. Focus on the good qualities around you. Don’t forget to give credit where it’s due— including to yourself!

Prioritize & Ask for Help
Prioritizing helps us focus on what is really important. If you are still overwhelmed, ask others for help— delegate.

Talk out Your Troubles
Find someone you can be open with. Expressing yourself to a stable support system can help you relieve emotional tension and build connections.

Change Unrealistic Expectations
Remember you cannot please everyone! Decide what makes you happy and find a balance. Recognize your need to control— it is OK if things are not done your way! If it takes one hour to do it great and two hours to do it perfect, go for greatness.

Learn to Play
We all need to occasionally escape from the pressure of life and have some fun. Take a break if you need one!