

Tips to Managing Stress

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Let's face it- life can be so stressful and overwhelming at times. Whether it's stress caused by work, relationships with family and friends, or our health, stress can come in all shapes and sizes. The situations that create stress also vary depending on what season of life you are in. For example, think back to when you were a kid. What were some of your greatest concerns? Mine was deciding whether I wanted to play with Brittany or Sarah after school.

Typically what causes stress is not the situation itself, but how you choose to think about the situation. For instance, do you think about "what ifs" instead of dealing with "what is?" Are you overly critical of yourself? Pay attention to how you choose to think about things because your thoughts will have an influence on your feelings.

Learning to live a balanced life can also be helpful in managing stress. Set priorities on things that need to get done and then manage your time based on those priorities. Be realistic about the time it takes to get certain tasks done and when that time frame is up, shift gears and move on to something else. Taking small breaks can be energizing and refreshing. Learning to create balance can be difficult at times, but it's so beneficial for your health. You work hard and deserve to do fun things for yourself! Create a healthy balance between work and play by incorporating fun and pleasurable activities into your daily schedule.

If you've tried all the above and you're still feeling overwhelmed, don't hesitate to reach out to a trusted friend, family member, or a professional. Simply talking about it with someone can reduce the stress and help put things into perspective.



LeeAnna King, MS, LPC, works for the Summit Counseling Center and is one of the School-Based Therapists at Centennial High School. The Summit has partnered with Fulton County Schools to offer "Summit Onsite", which provides mental health counseling for students at 6 of the Fulton County Schools, including Centennial. Call the Summit at 678-893-5300 or visit our website for more details www.summitcounseling.org