

ACTIVITIES THAT WILL ENABLE YOU TO TOLERATE MORE STRESS

1. Eat at least one hot, balanced meal each day. Limit the amount of fats, sugars, and caffeine you consume daily.
2. Get 7-8 hours of sleep at least four nights per week.
3. Give and receive affection regularly.
4. Have at least one relative within 50 miles upon whom you can rely.
5. Exercise to the point of perspiration at least three times per week.
6. If you smoke, limit yourself to less than a pack of cigarettes per day.
7. If you drink, limit yourself to fewer than five alcoholic drinks per week.
8. Weigh what's appropriate for your height and age.
9. Have an income or allowance that's adequate to meet your basic needs.
10. Get strength from your religious beliefs.
11. Regularly attend church or social activities.
12. Have a strong network of friends and acquaintances.
13. Have one or more friends to confide in about your personal matters.
14. Keep yourself in good health by having eye, teeth, hearing, and medical check-ups regularly.
15. Speak openly about your feelings when angry or worried.
16. Have regular discussions with the people you live with about domestic problems such as money, chores, etc.
17. Do something for fun at least once a week.
18. Organize your time effectively.
19. Limit yourself to fewer than three cups of coffee, tea, or soft drinks per day.
20. Take quiet time for yourself daily.
21. Develop an optimistic outlook on life.