STRATEGIES FOR PREVENTION AND REDUCTION OF STRESS AND BURNOUT

- Rely on your religious faith e.g. pray; meditate if you are religious.
- Redirect your energy-have quality time with your family and/or friends after work.
- Anticipate stressful events and plan ahead.
- “Shelf” the memory-do not talk about the subject that brings stress when you are out of that environment.
- Acknowledge your limitations-inform clients on what you are able to and not able to do. Be able to refer.
- Accept that you are not perfect and that you cannot reach all clients at the same time. Make appropriate priorities.
- If possible, reschedule appointments if you cannot go another mile.
- Take responsibility for yourself. If stress is too much, stop and take a break. Explain your situation to those expecting you to continue.
- Take a “worry break”-allow yourself ten minutes at a set time each day to sit down and worry about everything that is bothering you.
- Diet
  - establish good eating habits
  - do not miss your meals
  - eat regular nutritious meals
  - do not over eat as a way of reducing stress
- Exercise
- Rest
- Breathing and relaxation-engage in good breathing habits, take deep, slow breaths.
- Nurture yourself
- Meditation/Yoga
- Visualization (guided imagery)-close your eyes and imagine a scene of beauty and tranquility and place yourself into it.
- Get organized-organize activities and manage time effectively.
- Set priorities-instead of trying to do all activities in too little time, pace yourself and do one task at a time. List your activities in order of importance, and do the most important ones first.
- Develop close relationships with family, and other people in the community.
- Stay in control of yourself and your life as much as possible. Avoid stressors that can be avoided. Develop a positive attitude for stressors that cannot be avoided.
- Get involved in other work e.g. volunteer work, church, community-work group.
- Have variety-do not do the same thing everyday (if possible).