You may be contributing to your own stress

Dealing With Stressors

Accept what you cannot change.

Many people spend a lot of time worrying about things that they have no control over. To manage stress you must learn to accept things you can not change and be optimistic about the outcome by focusing on positive solutions.

Worrying only increases stress; therefore, try thinking…

I’ll laugh at this some day.
What can I learn from this?
Something good will come out of this.

Exercise control over what you can change.

When you feel stressed about something you can control, Take Action! Consider the possibilities available and chose one. By changing even one small thing, you reduce stress to some degree and gain a sense of power over your situation.

Cope with stress through humor.

Laughter not only makes you feel good, but it relaxes you. Laughter changes your physiology and thus improves your coping ability. Do not confuse sarcasm with humor! Rent a video, listen to a comedian, do something silly with a friend.

Try Meditation:

Remaining in the present rather than worrying about the past or future helps one to stay focused and less anxious. See the Meditation link on the resource page.