

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities

Appendix B: Ten Ways to Manage Stress

Refer to this list in times of stress; see if you can use one or more of these reminders, or select others that work for you.

Choose How to Spend Your Time/Energy

- Set priorities.
- Take time out when needed.

Build Your Strength and Endurance

- Exercise, physical activity
- Good nutrition

Create a Supportive Environment

- Get rid of clutter.
- Surround yourself with what you like – art, music, furnishings.

Learn to Relax at Will

- Deep breathing
- Visualization
- Massage, warm baths, back rubs
- Yoga
- Progressive relaxation
- Hobbies
- Biofeedback
- Meditation
- Listen to American Indian music such as hymns, flute, etc
- Listen to POWWOW Music
- Dance at a POWWOW

Manage Your “Self-talk”

- Spend time looking for solutions to a problem rather than worrying about it.
- Mentally rehearse ways to manage stressful situations.

Translate Worry into Action

- Learn to turn off your inner critic.
- Be willing to forgive yourself and

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others for mistakes.

Remember to Laugh

- Look for the humorous side of situations.
- Seek out sources of humor – books, movies, people.

Practice Saying “No”

- Let someone else do it.
- Save your strength for the really important things.

Ask for Help

- You don’t have to do it all yourself.
- “Give away” some problems and tasks.

Pay Attention

- To the small, daily pleasures of life
- To the present, fleeting moment

Take the Long View

- How important will this crisis be one year from now?
- What were you worried about one year ago?