

- Trying to solve too many problems at once.
- Blaming others or not recognizing the degree of control we do have.
- Letting stress affect our judgment.
- Using drugs or alcohol as substitutes for solving the problems.
- Having a negative outlook.

Strengthen relationships

To help yourself take action during stressful times, strengthen personal and family relationships by:

- Increasing the time spent with supportive family and friends, who are important buffers in times of stress.
 - Practicing positive communication with loved ones by listening and expressing appreciation.
 - Making personal health a priority (because it is essential for coping with stress).
 - Strengthening spiritual resources.
 - Being mindful of what is most important to oneself and one's family.
 - Remaining aware of ongoing changes that contribute to stress, and postponing new commitments if they will add stress.
 - Enhancing money and time management skills.
 - Reaching out to people in the community (being there for others strengthens one's own circle of support).
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