

DEFEATING STRESS

"A SURVIVOR'S GUIDE TO SANITY"
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I STRESS.....

A FEW DEFINITIONS:

"Stress is pressure from external circumstances or changes that can cause internal tensions." ...or...

"Stress is your body's response when you stifle the urge to beat the living daylights out of someone who desperately needs it!"

II SOME DANGER SIGNS OF STRESS:

- >stomach problems
- >chronic illness
- >persistent fatigue
- >nail biting
- >hunger for sweets
- >neck tension
- >explosive anger
- >restricted emotions
- >exhaustion
- >rapid pulse
- >insomnia
- >irritability
- >lack of concentration
- >increased use of alcohol or drugs
- >headaches or backaches
- >weeping
- >interpersonal distance
- >careless attitudes

III WHAT TO DO?.....

- >JUST SAY NO!
- >Work hard, play hard
- >Balance your life and set priorities
- >Go home
- >Overcome the "super woman" complex
- >Share the load/practice teamwork
- >Praise what you want to raise
- >Decide that it is perfectly normal to make mistakes every once in a while.
- >Take one minute 'vacations
- >Keep sight of the 'Big Picture'
- >Don't try to control the uncontrollable
- >Set long term goals
- >Realize that stress is contagious and your friends, family and other teammates.

IV STUDY AND ANALYZE STRESS

- >Exercise and stay healthful
- >Don't verbalize negative thoughts
- >Be super-organized.....make lists
- >Find a secret place and go there every chance you get.
- >Take time to laugh.....especially at yourself
- >Don't worry.....BE HAPPY!
- >Keep sight of the 'Big Picture'
- >Don't try to control the uncontrollable
- >Set long term goals
- >Realize that stress is contagious and your friends, family and other teammates.

MOTIVATE

MORALE-recognize individual rewards, personal achievement

OPPORTUNITY-make good things happen by your preparation

TOGETHERNESS-team unity-sisterhood

INITIATIVE-be encouraged to take the lead

VARIETY-change practice schedule in off season-make it fun!

ATTITUDE-build self esteem and confidence

TRADITION-cannot be bought, sold or bargained for.....IT MUST BUILD ON PRIDE.

ENTHUSIASM-never lose it!