



Wellness Buddy Wednesday Tip

Time is a Major Factor in Relieving Stress

Folks managing their time well are better able to control life's stress. They view time as an ally not an opponent. So, what are your time management skills? Do you effectively arrange your time? Take a moment and answer the following questions:

- Are you always rushing?
- Do you bounce back and forth between unpleasant alternatives?
- Do you have trouble finding things?
- Do you find yourself tired from hours of nonproductive activity?
- Do you find you do not have enough time for rest or for personal relationships in your life?
- Do you regularly miss deadlines?
- Are you overwhelmed by demands and details?
- Do you find yourself doing several tasks at a time?
- Do you have trouble deciding what to do next?

A yes answer to six or more of these questions may indicate the need to work on managing your time better.

You may not be able to control some of life's stressors. But you can control the effect you allow them to have on you. Five major ways to manage stress are planning, laughing, rechanneling your energy, learning to relax, and utilizing your support systems.

Healthy Communities, Healthy People Program
Jackson Co Health Department
P O Box 310
3045 4th Street
Marianna, FL 32447

Phone: 850.526.2412 ext 282
Fax: 850.428.9564
Email: WellnessBuddy@doh.state.fl.us



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