**Good Morning Career**

**Exercise No. 14: Activities that can help you deal with stress situations**

In this exercise, we will practice different ways of reducing stress to find which one works best for you. Whenever you are under stress, you should try one of the options given below and rate the effectiveness on a scale of 1 to 10. This way you will know what works for you whenever you are under stress.

**1. Engage in a productive hobby.**

Pick up a hobby that can help you create something new. The satisfaction of delivering results in such engagements builds up confidence and reduces stress.

On the scale of 1 to 10 how effective was this activity in re­ducing your stress? ........................................................

**2. When the situation gets unbearable, try a short nap.**

Take a nap for about half an hour. Sleeping can put your mind at rest and give you a fresh start when you wake up.

On the scale of 1 to 10, how effective was this activity in re­ducing your stress? ........................................................

**3. Listen to music.**

Put on your earphones and listen to some calming music.

On the scale of 1 to 10, how effective was this activity in re­ducing your stress? ........................................................

**4. Meditate.**

Various sessions ranging from three to ten minutes are designed to reduce stress levels. Find about them on the Internet and see how they work for you.

On the scale of 1 to 10, how effective was this activity in re­ducing your stress? ........................................................

**5. Step out of negative thinking and search for positive things in your life.**

Negative thinking makes us forget the good things happening in our lives. Reverse the scenario and see the rise in your happiness quotient.

On the scale of 1 to 10, how effective was this activity in re­ducing your stress? ........................................................

**6. Develop a sense of humour.**

Sometimes it is okay to let go of your intensity and see the hu­mour in life’s situations. Engage in activities that will make you laugh.

On the scale of 1 to 10, how effective was this activity in re­ducing your stress? ........................................................

**7. Lean on friends and loved ones.**

Sharing your worries with true friends and well-wishers is a good way to vent out the stress bottled inside you.

On the scale of 1 to 10, how effective was this activity in reducing your stress? ........................................................

**8. Talk yourself out of the situation.**

Be your own pal. Sit in front of the mirror and talk yourself out of the situation just as you would do for a friend.

On the scale of 1 to 10, how effective was this activity in reducing your stress? .........................................................