Write each stress management technique on a small strip of paper. Fold the strips of paper up and place in a container. Ask each caregiver to draw a stress management technique. Ask caregivers to read and give practical examples of ways to use the technique. Ask volunteers to add techniques to manage stress that may not have been mentioned.

Exercise regularly.

Eat a balanced diet.

Learn to relax and get plenty of sleep.

Avoid self-medication, alcohol and drugs.

Set realistic limits and goals.

Develop time management skills.

Allow time for yourself daily.

Engage in a favorite hobby, sport or activity that gives pleasure in leisure time.

Talk problems over with a friend or family member.