

During the “Deep breathing, chocolate, and other methods for stress management” roundtable, we focused on identifying causes of stress and then brainstorming different management techniques. We also talked about analyzing your source of stress to determine whether it’s something you can control or not. Sadly, a lot of the causes of stress for my roundtable participants were external, so they cannot do anything to change them. But, they can rely on the below list of creative ways to manage stress to come up with new techniques!

All of the notes from our three sessions are collected below. Because stress management can vary widely depending on whether you’re at work or home, we separated those out into two separate lists.

### **What stresses you out?**

- My job
- Coworkers
- Spouses/kids
- Students
- Bills
- Irate parents
- Deadlines
- Last-minute work
- Last-minute requests that become my emergency
- Weight
- Waiting for others to finish their work
- Miscommunication/inconsistent communication
- PMS
- Meetings
- Hovering coworkers/bosses
- Negative people
- Lack of organization by others
- Not getting help when you ask for it
- Early-morning home stress following you into work
- Balancing work and home
- Unfinished work from others
- Lack of job clarity/other duties as assigned
- The feeling that you are missing something/forgot to do something

### **How to manage stress**

- Talk/vent to a friend who won’t let you wallow in your stress
- Work out/exercise
- Quiet time
- Relax
- Get into your safe space/comfort zone
- Laughter
- Prayer
- Pets
- Adult beverages
- Shopping
- Gardening
- Eating
- Time with friends

Do something creative  
Spend time with grandchildren  
Pamper yourself  
Separate work from home

**Remedies for while you're at work:**

Talk a walk  
Don't eat at your desk  
Go somewhere else for a short break  
Close your door, if you have one  
Prioritize  
Ask questions, and keep asking if you need more information  
Ask for help  
Be brief in email  
Delegate  
Visible positive reinforcements (post-it notes, inspirational quotes, etc.)  
Establish boundaries  
Acknowledge that everyone's busy  
Change your focus by talking to a student—remind yourself of the larger purpose of your school