

Reducing Stress: Actionable Strategies

減壓技巧：可行的策略

Strategy	Benefit	策略	好處
Exercise	Enhances mood and blunts the stress response. 30 minutes a day can decrease the risk of cardiovascular and metabolic disease.	運動	增強情緒並減緩壓力反應。每天30分鐘的運動可以減少心血管和代謝疾病的風險。
Meditate	Daily meditation of 15-30 minutes assists in maintaining personal balance and is health enhancing.	靜坐/冥想	每天冥想15-30分鐘有助於保持個人平衡並增進康。
Share your feelings	Good friendships, social networks, and supportive communities can allay stressful situations. Providing support to others can also alleviate our stress.	分享感受	良好的友誼、社交網絡和支持性社群可以減輕壓力情況。給他人提供支持也能減輕我們的壓力。
Be realistic	If you're overwhelmed, learn to say NO. Ask for help and explain why you need to set limits. Be ready to compromise.	實際一點	如果感到壓力過大，學會說“不”。尋求幫助並解釋你為何需要設置界限。準備妥協。
Visualize	Use your imagination and picture yourself handling stressful situations effectively. See the successful outcome. Use visualization to create a mini vacation, which can provide a break from daily stressors.	想像	如果感到壓力過大，學會說“不”。尋求幫助並解釋你為何需要設置界限。準備妥協。
Enjoy your hobbies	Find outlets that delight you and take time on a regular basis to enjoy them.	享受你的愛好	找到讓你開心的出口，並定期花時間享受它們。

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Live a healthy lifestyle

Good nutrition is vital to your health and wellbeing. Limit your alcohol and caffeine consumption. Get adequate rest, and balance work and play.

保持健康的 生活方式

良好的營養對你的健康和福祉至關重要。限制酒精和咖啡因的攝取。有足夠的休息時間，並平衡工作與娛樂。

Be gentle with yourself and others

Be careful of criticism, and don't expect too much of yourself and others. Recognize your uniqueness and be willing to forgive yourself and others when errors occur.

對自己和他人溫柔

別太在意別人怎麼評價你，也別對自己和別人期望太高。認識到自己的獨特性，並在出錯時願意原諒自己和他人。