

## **Stress Prevention: the ten commandments**

- 1. Plan your day**
- 2. Always find satisfaction in everything you do**
- 3. Be realistic, you are not superhuman**
- 4. Know your concentration span and energy curve**
- 5. Learn to delegate**
- 6. Try to build a balanced system**
- 7. Learn how to say “no” assertively**
- 8. Find something in your work to enjoy**
- 9. Laugh to reduce stress**
- 10. Pace yourself to make time for ‘you’.**