

Fight Stress

(NAPSA)—Knowing your personality can help you de-stress. According to experts, people can be divided into Thinking and Feeling types, and each type has a different optimal approach to take when stressing out.

The key is found in your Myers-Briggs Type Indicator, or MBTI assessment. CPP, Inc., the publisher of the test, offers some tips for how to deal with stress and anxiety by understanding your personality type.



Your personality tells you how to best deal with stress.

If you're a Thinking Type:

- Take time alone to regain control.
- Seek out quiet emotional support from trusted others.
- Engage in physical activity.
- Disengage from stressful situations.
- Resist pervasive inner fears.

If you're a Feeling Type:

- Refocus on what is right, rather than what is wrong.
- Take time for fun and engage in relaxing activities.
- Reflect or meditate on your personal values and priorities.
- Talk things through with an uninvolved person.
- Have time alone for as long as needed.

Learn more at www.cpp.com. Excerpted from "In the Grip: Understanding Type, Stress and the Inferior Function."