

# 100 Ways to Reduce

# Stress

## • GO FOR A WALK

- Get up 15 minutes earlier
- **PREPARE FOR THE MORNING THE NIGHT BEFORE**
- *Avoid tight fitting clothes*
- Set appointments ahead of time
- **Don't rely on memory...write it down**
- PRACTICE PREVENTIVE MAINTENANCE
- Make duplicate keys
- Say "no" more often
- **SET PRIORITIES IN YOUR LIFE**
- **Avoid negative people**

## • Use time wisely

- Simplify meal times
- Always make copies of important papers
- Anticipate your needs
- Repair things that don't work properly
- **Ask for help with the jobs you dislike**
- **Break large tasks into bite-size portions**
- Look at problems as challenges
- De-clutter your life

## • Smile

- Be prepared for rain
- Pet a friendly dog/cat
- Don't know all the answers
- **Look for the silver lining**
- Schedule play time into every day
- *Be aware of the decisions you make*
- **Believe in yourself**
- Stop saying negative things to yourself
- **Give a friend a hug**
- **Develop your sense humor**
- Stop thinking tomorrow will be a better day
- **Have goals for yourself**
- *Eat a healthy meal*
- **Keep a journal**

## • Dance

- *Say hello to a stranger*
- Visualize yourself winning

## • Breathe

- Look up at the start
- **Practice breathing slowly**
- Learn to whistle
- Listen to a symphony
- Watch a show
- Read a story curled up in bed

## • Do a brand new thing

### • STOP A BAD HABIT

- Buy yourself a flower
- Take time to smell the flower
- **Find support from others**
- *Ask someone to be your "vent partner"*

### • Do it today

- *Work at being cheerful and optimistic*
- **Put safety first**

### • Do everything in moderation

### • PAY ATTENTION TO YOUR APPEARANCE

### • *Strive for excellence, not perfection*

- Look at a work of art
- Hum a jingle
- Maintain your weight
- Plant a tree
- **Feed the birds**
- Practice grace under pressure

## • Relax

### • STAND UP AND STRETCH

- Always have a plan "B"
- **Memorize a joke**
- **BE RESPONSIBLE FOR YOUR OWN FEELINGS**

- Become a better listener
- Tell someone "have a good day" in Pig Latin
- **Throw a paper airplane**
- **EXERCISE every DAY**
- Learn the words to a new song
- **Get to work early**
- **CLEAN OUT YOUR CLOSET**
- *Take a different route to work*
- **Put air freshener in your car**
- **REMEMBER YOU ALWAYS HAVE OPTIONS**
- Have a support network: people/places/things
- *Quit trying to "fix" other people*
- **GET ENOUGH SLEEP**
- **Talk less and listen more**
- **Freely praise other people**
- Recognize importance of unconditional love

## • Be optimistic

- Watch a movie and eat popcorn
- **Write a far away friend**
- *Scream at a ball game*
- **Make a budget**
- Eat a meal by candlelight
- **Remember stress is an attitude**
- **Build your support network**

## • Meditate

- Listen to music
- **Don't be ashamed to seek help**
- Remove distractions
- *Stretch your limits a little each day*
- **Have an open discussion**
- Take a break
- Learn to meet your own need
- **Take each day at a time, you have the rest of your life to live!**