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 of 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!

Adapted from: https://access.ewu.edu/Documents/Student%20Activities/Clubs/Stress/101.pdf