



100 Ways to Reduce Stress

Set priorities in your life • Avoid negative people • Use time wisely • Always make copies of important papers

- Anticipate your needs
- Ask for help with the jobs you dislike
- Break large tasks into bite-size portions
- Look at problems as challenges
- Repair anything that doesn't work properly
- Simplify meal times
- Look at challenges differently
- Unclutter your life
- Smile
- Be prepared for rain
- Tickle a baby
- Pet a friendly dog/cat
- Don't know all the answers
- Avoid relying on chemical aids
- Avoid tight-fitting clothes
- Get up 15 minutes earlier
- Prepare for the morning the night before
- Set appointments ahead
- Don't rely on your memory... write it down
- Practice preventive maintenance
- Make a duplicate keys
- Say "no" more often
- Look for the silver lining
- Say something nice to someone
- Teach a kid to fly a kite
- Walk in the rain
- Schedule play time into every day
- Take a bubble bath
- Be aware of the decisions you make
- Believe in yourself
- Ask a friend for a hug
- Develop your sense of humor
- Have goals for yourself
- Learn to whistle a tune
- Listen to a symphony
- Look up at the stars
- Practice breathing slowly
- Read a poem
- Say hello to a stranger
- Stop saying negative things to yourself
- Do a new thing
- Read a story curled up in bed
- Stop thinking tomorrow will be a better day
- Visualize yourself winning
- Watch a ballet
- Stop a bad habit
- Buy yourself a flower
- Take time to smell the flowers
- Find support from others
- Ask someone to be your "vent-partner"
- Work at being cheerful and optimistic
- Put safety first
- Do everything in moderation
- Pay attention to your appearance
- Always have a plan "B"
- Be responsible for your feelings
- Become a better listener
- Feed the birds
- Hum a jingle
- Learn a new doodle
- Look at a work of art
- Maintain your weight
- Plant a tree
- Stretch your limits a little each day
- Strive for excellence, NOT perfection
- Learn to meet your own needs
- Memorize a joke
- Practice grace under pressure
- Stand up and stretch
- Know your limitations and let others know them too
- Tell someone to 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 one closet
- Play patty cake with a toddler
- Go on a picnic
- Take a different route to work
- Leave work early (with permission)
- Put air freshener in your car
- Watch a movie and eat popcorn
- Write a note to a far away friend
- Go to a ball game and scream
- Cook a meal and eat it by a candlelight
- Freely praise other people
- Get enough sleep
- Have a support network of people, places and things
- Keep a journal
- Practice a monster smile
- Quit trying to "fix" other people
- Recognize the importance of unconditional love
- Remember that stress is an attitude
- Remember you always have options
- Talk less and listen more
- Relax; take each day at a time.