

# 101 Ways to Manage STRESS

- Take 10 deep breaths •
- Visualize a relaxing scene • Learn to say "no" • Stay clutter-free
- Read good books • Stretch •
- Write in a journal • Practice yoga
- Laugh often • Watch clouds go by • Have a picnic • Believe in yourself • Prioritize tasks • Get some fresh air • Hug someone •
- Get plenty of sleep • Watch a funny movie • Spend time with positive people • Make to-do lists
- Take a brisk walk • Stargaze • Sip a cup of tea • Put your feet up • Enjoy a hobby • Confront your feelings • Exercise • Plan ahead • Talk with a friend
- Dance • Laugh at yourself • Count your blessings • Be silly • Set realistic goals • Sing • Think positively • Squeeze a stress ball •
- Eat right • Take a nap • Walk away from unnecessary conflict •
- Vary your routine • Play with children • Get a massage • Ask for help • Find a quiet spot to relax • Take regular breaks •
- Listen to soothing music

• See problems as opportunities • Smile • Play a sport • Go on a hike • Avoid caffeine and tobacco • Eat a good breakfast • Cry if necessary • Be flexible • Don't procrastinate • Wear earplugs when it's noisy • Buy yourself flowers • Spend time with loved ones • Celebrate life • Do one task at a time • Meditate • Plant a garden • Avoid distractions • Budget time and money • Share jokes • Play games with friends • Look at the big picture • Get up on time • Set limits • Express your feelings • Treat yourself to a gift • Simplify your life • Reflect on your joys • Punch a pillow • Go out to lunch • Don't dwell on the past • Play with a pet • Go to the park • Soak in the tub • Wear comfortable clothes • Take off your shoes • Forgive and forget • Delegate work • Love others • Have plants at work and home • Daydream • Bake a special treat • Savor meals • Look at old photos • Take a vacation • Fly a kite • Learn something new • Volunteer • Go out for frozen yogurt • Join a group • Rub your neck and shoulders • Take the bus or carpool • Read uplifting articles • Recognize beauty around you • Take it one day at a time • Make someone smile