

# 101 Tips to Relieve Stress

- Get up 15 minutes earlier
  - Prepare for the morning the night before
  - Avoid tight fitting clothes
  - Avoid relying on chemical aids
  - Set appointments ahead
  - Don't rely on your 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 anything that doesn't work properly
  - Ask for help with the jobs you dislike
  - Break large tasks into bite size portions
  - Look at problems as challenges
  - 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
  - Look for a 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
  - Stop saying negative things to yourself
  - Visualize yourself winning
  - Develop your sense of humor
  - Stop thinking tomorrow will be a better today
  - Have goals for yourself
  - Dance a jig
  - Say "hello" to a stranger
  - Ask a friend for a hug
  - Look up at the stars
  - Practice breathing slowly
  - Learn to whistle a tune
  - Read a poem
  - Listen to a symphony
  - Watch a ballet
  - Read a story curled up in your favorite chair
  - Do a brand new thing
  - 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"
  - 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
  - Stretch your limits a little each day
  - Look at a work of art
  - Hum a jingle
  - Maintain your weight
  - Plant a tree
  - Feed the birds
  - Practice grace under pressure
  - Stand up and stretch
  - Always have a plan "B"
  - Learn a new doodle
  - Memorize a joke
  - Be responsible for your feelings
  - Learn to meet your own needs
  - Become a better listener
  - 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 candlelight
  - Recognize the importance of unconditional love
  - Remember that stress is an attitude
  - Keep a journal
  - Practice a monster smile
  - Remember you always have options
  - Have a support network of people, places and things
  - Quit trying to fix other people
  - Get enough sleep
  - Talk less and listen more
  - Freely praise other people
- BONUS:** Relax, take each day at a time, but be the best you can be without worrying!