~ 101 Ways To Manage Stress ~

Acknowledge your feelings
Always have a “Plan B”
Anticipate your needs
Ask for help
Ask for help with jobs you dislike
Ask someone to be your “vent” partner
Avoid caffeine and tobacco
Avoid distractions
Avoid relying on chemical aids for energy
Avoid tight fitting clothes
Be aware of the decisions you make
Be faithful
Be flexible
Be prepared for rain
Be responsible for your feelings
Be silly
Become a better listener
Believe in yourself
Break large tasks into smaller portions
Budget time and money
Buy fresh flowers
Carpool
Celebrate life
Clean out one closet
Cook a meal and eat it by candlelight
Count your blessings
Cry if necessary
Dance
Daydream
Delegate work
Develop your sense of humor
Do a brand new thing
Do everything in moderation
Do one task at a time
Don’t dwell on the past
Don’t attempt to know all the answers
Don’t procrastinate
Eat a good breakfast
Eat right
Enjoy a hobby
Exercise
Exercise every day
Express your feelings
Feed the birds
Find a quiet spot to relax
Find support from others
Forgive and forget
Freely praise other people
Get a massage
Get some fresh air
Get enough sleep
Get up earlier
Get to work early
Go out to lunch
Go on a picnic
Go to a ballgame -- and scream
Go to the park
Have a support network of people
Have goals for yourself
Have plants at work and at home
Hug someone
Hum a jingle
Keep a journal
Know your limitations & let others know them too
Laugh often
Laugh at yourself
Learn something new
Learn the words to a new song.
Learn to meet your own needs
Learn to whistle a tune
Leave work early (with permission).
Listen to soothing music
Look at a magazine
Look at a work of art
Look at the big picture
Look at old photos
Look up at the stars
Love others
Maintain your weight
Make copies of important papers
Make duplicate keys
Make someone smile
Make to-do lists
Meditate
Memorize a joke
Pay attention to your appearance
Pet a friendly dog or cat
Plan ahead
Plant a garden or a tree
Play a sport
Play games with friends
Play with a pet
Play with children
Practice a monster smile
Practice breathing slowly and deeply
Practice grace under pressure
Practice preventive maintenance
Prepare for the next morning the night before
Prioritize tasks
Punch a pillow
Put safety first
Put your feet up
Quit trying to “fix” other people
Read a poem
Read a story curled up in bed
Read good books
Recognize the beauty around you
Recognize the importance of unconditional love
Reflect on your joys
Remember that stress is an attitude
Remember that you always have options
Repair anything that doesn’t work properly
Savor meals
Say hello to a stranger
Say “no” more often
Say something nice to someone
Schedule some playtime into every day
See problems as challenges
Seek out positive people & avoid negative ones
Set limits
Set priorities in your life
Set realistic goals
Share jokes
Simplify meal times
Simplify your life
Sing
Sip a cup of herbal tea
Smile
Soak in the tub
Squeeze a stress ball
Spend time with loved ones

Stargaze
Stop a bad habit
Stop saying negative things to yourself
Stop thinking tomorrow will be a better day
Stretch your body
Stretch your limits a little each day
Strive for excellence, not perfection
Take a brisk walk
Take a bubble bath
Take a different route to work
Take a nap
Take a vacation
Take off your shoes
Take one day at a time
Take regular breaks
Take stock of your achievements
Talk less and listen more
Talk with a friend
Teach a kid to fly a kite
Tell someone to have a good day in Pig Latin
Think positively
Throw a paper airplane
Tickle a baby.
Treat yourself to a gift
Try yoga
Unclutter your life & stay clutter free
Use time wisely
Vary your routine
Visualize a relaxing scene
Visualize yourself winning
Volunteer
Walk away
Walk in the rain
Watch a ballet
Watch a movie and eat popcorn
Watch a movie
Watch clouds go by
Wear comfortable clothes
Wear earplugs when it’s noisy
Work at being cheerful and optimistic
Write a note to a far-away friend
Write it down … don’t rely on your memory

Intermountain Employee Assistance Program
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