

~ 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