

# 100 Stress Reducers



Write things down	Prepare for the morning on the night before.	Repair or replace things that don't work properly	Get up 15 minutes early
Make duplicate keys	Examine a work of art	Make copies of important papers	Ask for help
Smile	Plant something	Do something new	Stand up and stretch
Take on a large task one bite at a time	Don't be afraid to say no	Believe in yourself	See a problem as an opportunity
Set priorities	Doodle	Take a bubble bath	Exercise your sense of Humor
Strive for excellence, not perfection	Avoid negative people	Worship	Say hello to a stranger
Remember you ALWAYS have options	Have a plan B	Clean out a closet, or at least a drawer	Stop thinking tomorrow will be a better day
Wear comfortable clothes	Schedule time to play, every day	Learn to meet your own needs	Stop a bad habit
Gaze at the stars	Be prepared for rain	Treat yourself	Know your limitations
Let others know your limitations	Be a better listener	Practice slow, deep breaths	Exercise
Resist trying to "fix" everything & everybody	Get to work early	Take stock of your achievements	Compliment someone
Set goals	Throw a paper airplane	Take a different route	Leave work early (with permission)
Get enough sleep	Color	Watch a sunrise	Play soft music
Take one day at a time	Call someone you care about	Pick wildflowers	Make your bed
Slow down	Focus on the "now"	Hug	Burn scented candles
Take a nap	Watch a sunset	Listen to running water	Eat less fat & sugar
Maintain your weight	Pray	Compliment yourself	Have a conversation with a child
Hold someone's hand	Let a puppy kiss you	Say "I love you".	Learn to embrace silence
Set boundaries	Read	Journal	Watch cartoons
Resist temptation	Do it today	Donate to a worthy cause	Develop a mental safe/happy place
Organize	Spend less	Drink lots of water	Sit quietly 10 minutes a day
Go on an electronics diet	Take a walk	Get some sunshine	Rearrange your furniture
Eat food grown on plants, not made in one	Read	Choose clothes the night before	Vary your routine
Wear comfortable shoes	Find a rewarding hobby	Delegate	Accept help
Dance	Play a game	Take a footbath	Play