

101 Ways 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 a challenge . Look for the 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 . Believe in yourself . Stop saying negative things to yourself . Visualize yourself winning . Develop your sense of humor . 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 bed . Do a brand new thing . Stop a bad habit . Buy yourself flowers . 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 . Be aware of the decisions you make . 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) . 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 . Develop 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 . Relax, watch a sun set .Take one day at a time...you have the rest of your life to live

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