

50 Stress Reducers

1. Get up 15 minutes earlier in the morning. The inevitable morning mishaps will be less stressful.
2. Don't rely on your memory. Write down things you have to do.
3. Do nothing you have to lie about later
4. Practice preventative maintenance. Procrastination is stressful. Whatever you want to do tomorrow, do today; whatever you want to do today, do it now.
5. Don't put up with something that doesn't work right. If your alarm clock, wallet, shoe laces, etc are a constant aggravation, get them fixed or get new ones.
6. Allow 15 minutes of extra time to get to appointments.
7. Eliminate (or restrict) caffeine from your diet.
8. Always set up contingency plans, "just in case". Think through what you will do if something doesn't go as planned.
9. Relax your standards. The world will not end if you don't get your laundry done tonight.
10. For everything that goes wrong, there are probably 10 or 50 or 100 blessings. Count them!
11. Ask questions. Taking a few moments to repeat back directions can save hours.
12. Say "No"! Saying no to extra projects, social activities and invitations you know you don't have the time or energy for takes practice, self-respect and a belief that everyone, every day, needs quiet time to relax and to be alone.
13. Unplug your phone. Want to take a long bath, meditate, sleep or read without interruption? Drum up the courage to temporarily disconnect. (The possibility of there being a terrible emergency in the next hour or so is almost nil)
14. Turn "needs" into preferences. Our basic physical needs translate to food, water, and keeping warm. Everything else is a preference. Don't get attached to preferences.
15. Simplify, simplify, simplify.
16. Make friends with non-worriers. Chronic worrywarts are contagious.
17. Take many stretch breaks when you sit a lot.
18. If you can't find quiet where you live, wear earplugs.
19. Get enough sleep. Set your alarm for bedtime.
20. Organize! A place for everything and everything in its place. Losing things is stressful.
21. Monitor your body for stress signs. If your stomach muscles are knotted and your breathing is shallow, relax your muscles and take some deep, slow breaths.
22. Write your thoughts and feelings down on paper. It can help you clarify and give you a renewed perspective.
23. Do this yoga exercise when you need to relax: Inhale through your nose to the count of eight. Pucker your lips and exhale slowly to the count of 16. Concentrate on the long sighing sound and feel the tension dissolve. Repeat 10 times.
24. Visualize success before any experience you fear. Take time to go over every part of the event in your mind. Imagine how great you will look, and how well you will present yourself.
25. If the stress of deadlines gets in the way of doing a job, use diversion. Take your mind off the task and you will focus better when you are on task.

26. Talk out your problems with a friend. It helps to relieve confusion.
27. Avoid people and places that don't fit your personal needs and desires. If you hate politics, don't spend time with politically excited people.
28. Learn to live one day at a time.
29. Try being more curious than judgmental and when you catch yourself being judgmental..... don't judge yourself for that either ☺
30. Every day, do something you really enjoy.
31. Add an ounce of love to everything you do.
32. Take a bath or shower to relieve tension.
33. Do a favor for someone every day.
34. Focus on understanding rather than being understood, on loving rather than on being loved.
35. Looking good makes you feel better.
36. Take more time between tasks to relax. Schedule a realistic day.
37. Be flexible. Some things are not worth perfection.
38. Stop negative self-talk; "I'm too fat, too old, etc"
39. Change pace on weekends. If your week was slow, be active. If you felt nothing was accomplished during the week, do a weekend project.
40. Pay attention to the details in front of you. "Worry about the pennies, and the dollars will take care of themselves."
41. Do one thing at a time. When you are working on one thing, don't think about everything else you have to do.
42. Allow time every day for privacy, quiet and dreaming.
43. Try to remember that all pain is in past and future thinking.....right now there is no pain and no need to think so much.....just be where you are.
44. Do unpleasant tasks early and enjoy the rest of the day.
45. Delegate responsibility to capable people.
46. Expect the unexpected gift. Just when you think you are immovably stuck, someone or something can come along and add a little hand to your mood so KEEP YOUR EYES AND HEART OPEN.
47. Take lunch breaks. Get away from your work in body and mind.
48. Count to 1000, not 10, before you say something that could make matters worse.
49. Forgive people and events. Accept that we live in an imperfect world.
50. Have an optimistic view of the world. Most people do the best they can.