

101 Stress Relievers

Need a quick—or not so quick—stress-break? Fresh out of ideas? Try one of these:

Stop and look out the window.

Work a crossword puzzle.

ANGRY? TALK TO A FRIEND ABOUT IT.

Apologize for a mistake. **Meditate.**
Stand up and stretch.

Ask for help.

Call up an old friend. **Run.**

Change coffee break to exercise break.



Build a model ship.

TELL someone "I love you." a joke.

STOP AND YAWN.

Dance

CLIMB A MOUNTAIN.

Close your eyes. What do you see?

Count to ten—or 1000—before exploding. Count your blessings—make a list.

Cut back on caffeine.

WATCH A REALLY GOOD MOVIE.

Plan ahead.

Eat an orange slowly, segment by segment.



DAYDREAM spend your coffee break at the beach.

Do one thing at a time.



Eat a good breakfast.

Forgive someone.

Fly a kite. Get a massage. Get a pet.

Find someone you're grateful to and thank them.

Go fishing.



Get a good night's sleep.

Get up fifteen minutes early.

Keep a journal of thoughts and feelings.

GO

for a brisk walk. swimming.

to work a different way.

Hug a tree.

Hug someone you love.

Laugh at something you did.

Leave the car at home and take the bus.

Lie in a hammock.

Lift weights.

Listen to the birds.

Make love.

LOOK

at the big picture. closely at a flower, leaf, blade of grass or tree trunk. off into the distance.

Read a good book.

READ SOMETHING FUNNY EVERY DAY.

Plant a flower.



Smell a rose.

Ride your bike to work.

Share feelings with someone.

Sit by a fountain or stream. Close your eyes and hear the water.

Practice Yoga.

Work out at the gym.

Do a good deed.

WEAR EARPLUGS WHEN IT'S NOISY.

Play a round of golf.

Make a list. Then follow it.

- ✓ Take a child to the playground.
- ✓ Take a deep breath and let it all out.
- ✓ Take a leisurely stroll.
- ✓ Take a long bath.
- ✓ Take a nap.
- ✓ Take an herb tea break.
- ✓ Take one day at a time.
- ✓ Take the back roads.
- ✓ Take the stairs.
- ✓ Take time for the sunset—or sunrise.
- ✓ Take up knitting.

Massage your temples.

Quit smoking.

Write a poem.

Write a letter to the editor.

TALK TO YOURSELF: "I CAN DO A GREAT JOB." "I CAN STAY CALM UNDER PRESSURE."

Paint a peaceful scene—in your imagination.

Make time for play.

Spend an evening without TV.

Write... down your fears. down your dreams. your congressman.

Sit by a fire.



Turn cocktail hour into exercise hour.

PRACTICE LAUGHING OUT LOUD.

Watch a cloud for 5 minutes. Watch an ant or other insect for 5 minutes.

Roll your shoulders up and around in a circular motion.

CLASP YOUR HANDS BEHIND YOUR HEAD AND STRETCH YOUR SHOULDERS.

SING A SONG.

Walk barefoot in the grass.