

101 WAYS TO COPE WITH STRESS

1. Get up earlier
2. Prepare ahead
3. Avoid tight clothes
4. Avoid chemical aids
5. Set appointments
6. Write it down
7. Practice preventive maintenance
8. Make duplicate keys
9. Say "NO" more often
10. Set priorities
11. Avoid negative people
12. Use time wisely
13. Simplify meals
14. Copy important papers
15. Anticipate needs
16. Make repairs
17. Get help with jobs you dislike
18. Break down large tasks
19. Look at problems as challenges
20. Look at challenges differently
21. Unclutter your life
22. Smile
23. Prepare for rain
24. Tickle a baby
25. Pet a dog/cat
26. Don't know all the answers
27. Look for the silver lining
28. Say something nice
29. Teach a kid to fly a kite
30. Walk in the rain
31. Schedule play time
32. Take a bubble bath
33. Be aware of your decisions
34. Believe in yourself
35. Stop talking negatively
36. Visualize winning
37. Develop a sense of humor
38. Stop thinking tomorrow will be better
39. Have goals
40. Dance a jig
41. Say hello to a stranger
42. Ask a friend for a hug
43. Look at the stars
44. Breath slowly

45. Whistle a tune

46. Read a poem

47. Listen to a symphony

48. Watch a ballet

49. Read a story

50. Do something new

51. Buy a flower

52. Smell a flower

53. Find support

54. Find a “vent” partner

55. Do it today

56. Be optimistic

57. Put safety first

58. Do things in moderation

59. Note your appearance

60. Strive for excellence, not
perfection

61. Stretch your limits

62. Enjoy art

63. Hum a jingle

64. Maintain your weight

65. Plant a tree

66. Feed the birds

67. Practice grace

68. Stretch

69. Have a plan “B”

70. Doodle

71. Learn a joke

72. Know your feelings

73. Meet your needs

74. Know your limits

75. Say “Have a good day” in pig
Latin

76. Throw a paper airplane

77. Exercise

78. Learn a new song

79. Get to work earlier

80. Clean a closet

81. Play with a child

82. Go on a picnic

83. Drive a different route to work

84. Leave work (class) early

85. Put air freshener in your car

86. Watch a movie and eat popcorn

87. Write a far away friend

88. Scream at a ball game

89. Eat a meal by candlelight

90. Recognize the importance of unconditional love
91. Remember stress is an attitude
92. Keep a journal
93. Share a monster smile
94. Remember your options
95. Build a support network
96. Quit trying to fix others
97. Get enough sleep
98. Talk less and listen more
99. Praise others
100. Stop a bad habit
101. **RELAX. TAKE EACH DAY AT A TIME...YOU HAVE THE REST OF YOUR LIFE TO LIVE!**