

99 Ways to Cope with Stress

Avoid tight fitting clothes ■ Get up 15 minutes earlier ■ Prepare for the morning the night before ■ Avoid relying on chemical aids ■ Set appointments ahead ■ Don't rely on your memory ... write it down ■ Avoid negative people ■ Use time wisely ■ Simplify mealtimes ■ 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-sized portions ■ Look at problems as challenges ■ Look at challenges differently ■ Unclutter your life ■ Smile ■ Be prepared for rain ■ Tickle a baby ■ Pet a friendly dog/cat ■ Don't know all the answers ■ 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 ■ Be aware of decisions you make ■ Believe in you ■ Stop saying negative things to yourself ■ Visualize yourself winning ■ Develop your sense of humor ■ Stop thinking tomorrow will be a better day ■ 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 a flower ■ Take stock in your achievements ■ 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 ■ 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 pat-a-cake with a toddler ■ Go on a picnic ■ Take a different route to work ■ Leave work early (with permission) ■ Put air freshener in your car ■ Watch a movie and eat popcorn ■ Write a note to a faraway 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 ■ Quit trying to "fix" other people ■ Get enough sleep ■ Talk less and listen more ■ Freely praise other people ■ Take each day at a time ■ Have a support network of people, places, and things