

# 101 Stress Relievers

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

**ANGRY? TALK TO A FRIEND ABOUT IT.**

Apologize for a mistake

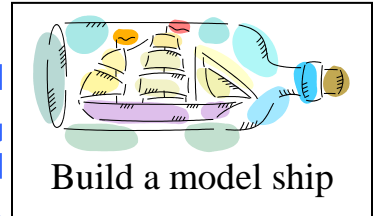
Meditate

Stand up and **STRETCH**

**ASK FOR HELP**

Call up an old friend

Run



Build a model ship

**TELL** someone "I Love You" a joke

**STOP AND YAWN**

Stop and look out the window

Work on a crossword puzzle

**Dance**



Close your eyes. What do you see?

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

1 2 3 4 5 6 7 8 9 10

**WATCH A REALLY GOOD MOVIE**

Eat an orange slowly, segment by segment



Cut back on...

Plan ahead

**Do one thing at a time**

Get a massage  
Spend your coffee break at the beach

Get a pet



PLAY WITH YOUR dog

**DAYDREAM**

Forgive someone

Eat a good breakfast

**Find someone you're grateful to and thank them**

Fly a kite



Go Fishing



Get a good night's sleep

Get up fifteen minutes early



**GO**

for a brisk walk swimming to work a different way

**Hug a tree**

**Hug someone you love**

Keep a journal of thoughts and feelings

Leave the car at home and take the bus

Lie in a hammock

**Laugh at something you did**

Listen to the birds

**Look**

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

Read a good

Plant a flower

**LIFT WEIGHTS**

Quit smoking

**Massage your temples**

**Make love**



LEARN TO SAY NO

Roll your shoulders up and around in a circular motion

Read something

Share your feelings with someone

**Work out at the gym**

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

**Make time for play**

Paint a peaceful scene – in your imagination

**SING A SONG**

**Spend an evening without TV**

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

Turn cocktail hour into exercise hour



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

**PRACTICE YOGA**

Wear earplugs when it's noisy

down your fears  
down your dreams  
your congressman

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

**Write a poem**

**Write a letter to the editor**

**Practice Laughing Out Loud**

**Sit by a fire**



CLASP YOUR HANDS BEHIND YOUR HEAD AND STRETCH YOUR SHOULDERS