



101 Ways to Cope with Stress

1. Get up 15 minutes early
2. Prepare for the morning the night before
3. Avoid tight fitting clothes
4. Avoid relying on chemical aids
5. Set appointment ahead
6. Don't rely on your memory - write it down
7. Practice preventative maintenance
8. Make duplicate keys
9. Say "no" more often
10. Set priorities in your life
11. Avoid negative people
12. Use time wisely
13. Simplify meal times
14. Always make copies of important papers
15. Anticipate your needs
16. Repair anything that does not work properly
17. Ask for help with jobs you dislike
18. Break large tasks into small bite-size pieces
19. Look at problems as challenges
20. Look at challenges differently
21. Unclutter your life
22. Smile
23. Be prepared for rain
24. Tickle a baby
25. Pet a friendly cat or dog
26. Don't try and know all the answers
27. Schedule play time into everything
28. Take a bubble bath
29. Look for the silver lining
30. Say something nice to someone
31. Keep a journal
32. Strive for excellence **not** perfection
33. Stretch your limits a little each
34. day
35. Teach a kid to fly a kite
36. Walk in the rain
37. Believe in you
38. Stop saying negative things to yourself
39. Be aware of the decisions you make
40. Visualize yourself winning
41. Develop your sense of humor
42. Stop thinking tomorrow will be a better day
43. Have daily and weekly goals for yourself
44. Dance a jig
45. Say hello to a stranger
46. Ask a friend for a hug
47. Look up at the stars
48. Practice breathing slowly
49. Learn to whistle a tune
50. Read a poem
51. Listen to a symphony
52. Watch a ballet
53. Read a book curled up in bed
54. Do a brand new thing
55. Stop a bad habit
56. Buy yourself a flower
57. Take stock in your achievements
58. Find support from others
59. Ask someone to be your "vent-partner"
60. Do it today
61. Work at being cheerful and optimistic
62. Put safety first
63. Do everything in moderation
64. Pay attention to your appearance
65. Practice a monster smile
66. Get enough sleep
67. Remember you always have options
68. day
69. Look at a work of art
70. Maintain your weight
71. Plant a tree
72. Feed the birds
73. Practice grace under fire
74. Stand up and stretch
75. Always have a plan "b"
76. Learn a new doodle
77. Memorize a joke
78. Be responsible for your feelings
79. Learn to meet your own needs
80. Become a better listener
81. Know your limitations and let others know them too
82. Tell someone to have a good day
83. Throw a paper airplane
84. Exercise everyday
85. Learn the words to a new song
86. Get to work early
87. Clean out one closet
88. Play patty cake with a toddler
89. Go on a picnic
90. Take a different route to work
91. Leave work early occasionally with permission
92. Put air freshener in your car
93. Watch a movie and eat popcorn
94. Write a note to a far away friend
95. Go to a ball game and scream
96. Cook a meal and eat it by candle light
97. Recognize the importance of unconditional love
98. Remember that stress is an attitude
99. Have a support network of people, places and things
100. Quit trying to "fix" other people
101. Talk less and listen more