

# 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.



Build a model ship.

**TELL** someone "I love you." a joke.

**STOP AND YAWN.**

Stop and look out the window.

Change coffee break to exercise break.

Work a crossword puzzle.

**Close your eyes. What do you see?**

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

**Dance**

**CLIMB A MOUNTAIN.**

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.**

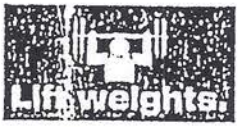
**Hug someone you love.**

**Laugh at something you did.**

Leave the car at home and take the bus. **Lie in a hammock.**

**LOOK**

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



**Lift weights.**

Listen to the birds.

*Make love.*

WASH THE CAR.

Plant a flower.



Smell a rose.

**Make a list.** Then follow it.

**READ SOMETHING FUNNY EVERY DAY.**

Ride your bike to work.

Share feelings with someone.

Put a cat in your lap. Listen to some music. Put plants in your office. Rub your feet up.

**Play a round of golf.**

- ✓ 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.**

LEARN TO SAY NO

Sit by a fountain or stream. Close your eyes and hear the water. Practice Yoga. Do a good deed.

**Work out at the gym.**

**WEAR EARPLUGS WHEN IT'S NOISY.**

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.

**SING A SONG.**

Sit by a fire.



Turn cocktail hour into exercise hour.

*Walk barefoot in the grass.*

CLASP YOUR HANDS BEHIND YOUR HEAD AND STRETCH YOUR SHOULDERS.