

101 Stress Relievers

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

Stop and look out the window.

Work a crossword puzzle.

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.**

Change coffee break to exercise break.



Build a model ship.

TELL someone "I love you." a joke.

STOP AND YAWN.

Dance

CLIMB A MOUNTAIN.

Close your eyes. What do you see?

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

Cut back on caffeine.

WATCH A REALLY GOOD MOVIE.

Plan ahead.

Eat an orange slowly, segment by segment.

Eat a good breakfast.

DAYDREAM spend your coffee break at the beach.

Do one thing at a time.

Forgive someone.

Fly a kite.

Get a massage. Get a pet.

Find someone you're grateful to and thank them.

Play with your dog.

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.

LOOK

at the big picture. Lie in a hammock. 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.

Play a round of golf.

Make a list. Then follow it.

READ SOMETHING FUNNY EVERY DAY.

Ride your bike to work.

Share feelings with someone.

...a cat in your lap. ...on some music. ...plants in your office. ...your feet up.

Massage your temples.

Quit smoking.

Write a poem.

Sit by a fountain or stream. Close your eyes and bear the water.

Practice Yoga.

Work out at the gym.

WEAR EARPLUGS WHEN IT'S NOISY.

- ✓ 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 letter to the editor.

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.

PRACTICE LAUGHING OUT LOUD.

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

Sit by a fire.



Turn cocktail hour into exercise hour.

SING A SONG.

Walk barefoot in the grass.

Roll your shoulders up and around in a circular motion.

CLASP YOUR HANDS BEHIND YOUR HEAD AND STRETCH YOUR SHOULDERS.