

# 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.

- ✓ 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.**

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

Practice Yoga.

Work out at the gym.

Do a good deed.

**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.

**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.

*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.