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.

Dance.

Clap a Mountain.

Climb a MOUNTAIN.

Eat an orange slowly, segment by segment.

LEARN TO SAY NO.

ROLL YOUR SHOULDERS UP AND AROUND IN A CIRCULAR MOTION.

Put your hands behind your head and stretch your shoulders.

Paint a peaceful scene—in your imagination.

Make time for play.

SING A SONG.

1 2 3 4 5 6 7 8 9 10

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ANGRY? TALK TO A FRIEND ABOUT IT.

APologize for a mistake. Meditate.

Ask for help.

Call up an old friend. Run.

Change coffee break to exercise break.

Count to ten—or 1000—before exploding.

Count your blessings—make a list.

Do one thing at a time.

Get a massage. Get a pet.

Go fishing.

Hug a tree.

Hug someone you love.

Put a cat in your lap.

Put on some music.

Put plants in your office.

Put your feet up.

Practice yoga.

Work out at the gym.

Mix it up.

Work a crossword puzzle.

Put your hands behind your head and stretch your shoulders.

Paint a peaceful scene—in your imagination.

Make time for play.

SING A SONG.