



100 ways to let go of **STRESS**

Make lists, take a deep breath, exercise, sing a song, eat right, call a friend, laugh at yourself, ask for help, smile, set goals within your reach, take breaks, put first things first, share the work load, spend time each day getting rid of clutter, have a hobby, keep noise down, talk things out, think about a peaceful place, learn to relax, budget time and money, take a deep breath, massage tense muscles, reward yourself, go out for lunch, meditate, set limits, focus on good thoughts, count to 10, feel your feelings then let them go, eat good foods, do neck rolls, work as a team, believe in others, believe in yourself, enjoy the small things, be kind, cry if you want, remember: time does heal, go for checkups, take a walk, put things in their place, be flexible, stretch often, control your weight, set deadlines that you can meet, don't sweat the small stuff, learn to say "no", forgive and forget, use the right tools, don't put things off, think about your joys, encourage others, get up earlier, volunteer, see problems as challenges, love others, love yourself, stop and smell the roses, never drink and drive, screen your calls, avoid needless meetings, give hugs, accept hugs, seek out positive people, be faithful, read good books, remember your triumphs, tell a joke, laugh often, go fishing, tell someone you love them, share your feelings, think about all the good things you've done, daydream, dance, play with your dog or pet your cat, do some yoga stretches, give a gift to someone, give a gift to yourself, close your eyes, take up knitting or crocheting, list your blessings, listen to a song that brings back great memories, write a poem or letter, paint or color, sit by a fire, look at a candle for five minutes, have a cup of tea, read something funny, do something good for others, do something good for yourself, take a nap, watch a sunset, watch a sunrise, do one thing at a time, take one day at a time, breathe in peace and breath out stress, listen, stretch, take a warm bath, tense and release major muscles, play!

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Information is believed to be accurate as of the production date; however, it is subject to change.