



## 101 Stress relievers

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

1. Ask for Help.
2. Call up an old friend
3. Run.
4. Change coffee break to exercise break.
5. Count to ten – or 1000 – before exploding.
6. Count your blessings – make a list.
7. Tell someone “I love you.”
8. Tell a joke.

9. Stop and yawn.
10. Cry.
11. Meditate.
12. Dance.
13. Build a model ship.
14. Angry? Talk to a friend about it.
15. Apologize for a mistake.
16. Stand up and stretch.
17. Stop and look out the window
18. Work a crossword puzzle
19. Climb a Mountain.
20. Eat an orange slowly... segment... by... segment.
21. Eat a good breakfast.
22. Forgive someone.
23. Close your eyes. What do you see?
24. Daydream – Spend your coffee break at the beach.
25. Cut back on caffeine.
26. Watch a really good movie.
27. Read a good book.
28. Plan ahead.
29. Do one thing at a time.
30. Fly a kite.
31. Get a massage.
32. Get a pet.
33. Go play with your dog.
34. Go fishing.
35. Hug a tree.
36. Hug someone you love.
37. Find someone you're grateful to and thank them.
38. Get a good night's sleep.
39. Get up fifteen minutes early.
40. Keep a journal of thoughts and feelings.
41. Laugh at something you did.
42. Go for a brisk walk.
43. Go swimming.
44. Ride your bike to work.
45. Go to work a different way.
46. Laugh at something you did.
47. Leave the car at home and take the bus.
48. Lie in a hammock.
49. Lift weights.

50. Listen to the birds.
51. Make love.
52. Look at the big picture.
53. Look closely at a flower, leaf, blade of grass or tree trunk.
54. Look off into the distance.
55. Wash the car.
56. Wash the dog.
57. Plant a flower.
58. Smell a rose.
59. Clasp your hands behind your head and stretch your shoulders.
60. Play a round of golf.
61. Read something funny every day.
62. Learn to say, "NO".
63. Roll your shoulders up and around in a circular motion.
64. Practice Yoga.
65. Sit by a fountain or stream. Close your eyes and hear the water.
66. Do a good deed.
67. Work out at the gym.
68. Share your feelings with someone.
69. Talk to yourself: "I can do a great job." "I can stay calm under pressure."
70. Put a cat in your lap
71. Put on some music.
72. Put plants in our office.
73. Put your feet up.
74. Wear earplugs when it's noisy.
75. Make a list. Then follow it.
76. Take a child to the playground.
77. Take a deep breath and let it all out.
78. Take a leisurely stroll.
79. Take a long bath.
80. Take a nap.
81. Take an herb tea break.
82. Take one day at a time.
83. Take the back roads.
84. Take the stairs.
85. Take time for the sunset – or sunrise.
86. Take up knitting.
87. Massage your temples.
88. Quit smoking.
89. Write a poem.
90. Write a letter to the editor.

91. Paint a peaceful scene – in your imagination.
92. Make time for play.
93. Sing a Song.
94. Spend an evening without TV.
95. Walk barefoot n the grass.
96. Sit by a fire. Write down your fears.
97. Write down your dreams.
98. Write your congressman.
99. Watch a cloud for 5 minutes.
100. Watch an ant or other insect for 5 minutes.
101. Turn cocktail hour into exercise hour.