101 WAYS TO COPE WITH STRESS

Get up 15 minutes earlier
Prepare for the morning the night before
Avoid tight fitting clothes
Set appointments ahead of time
Don't rely on your memory...write it down
Practice preventative maintenance
Make duplicate keys
Say no more often
Set priorities in your life
Avoid negative people
Use time wisely
Simplify meal times
Always make copies of important papers
Anticipate your needs
Repair anything that doesn't work properly
Ask for help with jobs you dislike
Break large tasks into bite sized portions
Look at problems as challenges
Look at challenges differently
Unclutter your life
Smile
Be prepared for rain
Take vitamins
Pet a friendly dog/cat
Don't know all the answers
Look for the silver lining
Say something nice to someone
Play a board game
Walk in the rain
Schedule play time into every day
Take a bubble bath
Be aware of the decisions you make
Believe in yourself
Stop saying negative things to yourself
Visualize yourself winning
Develop your sense of humor
Have goals for yourself
Remember tomorrow will be another day
Stop a bad habit
Dance
Say hello to a stranger
Ask a friend for a hug
Look up at the stars
Practice breathing slowly
Learn to whistle a tune
Read a poem
Listen to a symphony
Watch ballet
Read a story curled up in bed
Do a brand new thing
Buy yourself flowers
Take time to smell the flowers
Find support from others
Ask someone to be your "vent" partner
Do it today
Work at being cheerful and optimistic
Put safety first
Do everything in moderation
Strive for excellence, NOT perfection
Stretch your limits a little each day
Look at a work of art
Visualize yourself in your dream vacation
Maintain your weight
Prioritize
Feed the birds
Practice grace under pressure
Stand up and stretch
Always have a plan "B"
Learn a new doodle
Memorize a joke
Be responsible for your feelings
Learn to meet your own needs
Become a better listener
Know your limitations
Keep things in perspective
Throw a paper airplane
Exercise every day
Learn the words to a new song
Get to work early
Clean out one closet
Play with a baby
Go on a picnic
Take a different route to work
Pause to regroup
Put air freshener in your car
Watch a movie and eat popcorn
Write a not to a far away friend
Learn to meditate
Cook a meal and eat it by candlelight
Recognize importance of unconditional love
Remember that stress is an attitude
Keep a journal
Freely praise other people
Remember you always have options
Have a support network
Stop trying to "fix" other people
Get enough sleep
Talk less and listen more