

20 SIMPLE STRESS-REDUCING STRATEGIES

1. BREATHE – When tense, take a few slow, deep breaths.
2. TOUCH – Get a hug, stroke a pet, use a worry stone; tactile connection reduces stress.
3. TALK IT OUT – Get some clarity by expressing your stress or hearing someone else’s perspective.
4. LAUGHTER/HUMOR – The greatest stress-buster of all.
5. MEDITATION – Calm, quiet reflections on the positives in your life.
6. HUMILITY – Let up on yourself, cut yourself some slack and just be human.
7. GRATITUDE – Be thankful for all the positive things in life.
8. HONESTY – Telling the truth cuts the stress of having to remember what you said and to whom.
9. FRIENDS – Go out and play; share some good happy moments with people you love and who love you.
10. JOURNAL – Write down your stresses as if talking to a trusted confidant.
11. SELF-CARE – Drink plenty of water, get some exercise, eat light, wholesome foods, and avoid self-medication – self-care helps reduce stress and boosts energy, confidence and wellness.
12. TIME – Give yourself enough time to do what you need to do and go where you need to go; give yourself time to slow down and relax.
13. STAY PRESENT – Release worry about the future and regret about the past.
14. MUSIC & ART – Creative stimulation soothes tension.
15. TAKE A BREAK – Take a time out from the activity that is causing stress; getting distance from it can give you a fresh perspective.
16. BALANCE – Avoid extremes and excesses, even if they are fun.
17. POSITIVITY – Look for the “silver lining” in the situation and act on it.
18. ACCEPTANCE – Accept what you cannot change (and change what you can).
19. VOLUNTEER – Do something kind for someone worse off than you.
20. LIGHTEN UP – Don’t take things – or yourself – too seriously. Everything passes and changes in time.