

20 Stress Reducers

1. Get enough sleep. Rest is a vital stress reducer.
2. Don't rely on your memory. Write down when to pick up the laundry, do tasks.
3. Don't put up with things that don't work right. If something is a constant aggravation, get it fixed or replaced. (An exception to this is spouses!)
4. Plan ahead. Keep the gas tank filled, your pantry stocked, a meal frozen.
5. Make friends with non-worriers.
6. An instant cure for most stress: 30 minutes of brisk walking.
7. Don't count to 10...make it 1000 before saying or doing anything that could make matters worse.
8. Take the scissors to the credit cards.
9. Make time for some solitude; guard it with your life.
10. Talk things out. Discuss your problems with someone who doesn't just agree with you but who is objective.
11. Do the little things now to make life easier. Put things away. Hard work is the accumulation of easy things you didn't do when you should have done them.
12. Relax your standards. Ease up a little. If you're a teacher, lighten the "red pencil personality" finding faults all the time and making corrections.
13. Add an ounce of love to everything you do.
14. Say, "No, thank you" with a smile when there isn't the time or the energy.
15. Donate extra stuff to charities. Getting rid of what you don't need makes what you do need easier to find.
16. Do nothing, which, after being done, leads you to tell a lie.
17. Learn to problem solve not problem savor. Establish an action plan, seek counsel, stick with it.
18. Keep a "joy list". A list of every fun or positive thing that has ever happened to you. Read it on your down days, write in it, build a positive focus in life.
19. Stay away from sugar, caffeine, nicotine, and alcohol. Discover ways to deal with worry, fear, or anger that are healthy. (Take walks, journal, talk it through.)
20. Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant with the weak and erring – for sometime in your life you will have been all of these.