Stress Busters

Change your **coffee break** to an **exercise break**

Angry? Talk about it

Ask for help

Make a list of things you are grateful for

Go swimming

Unplug from electronics

Go to work a different way

Tell a joke

Keep a journal of thoughts and feelings

Call a friend

Leave the car at home and take the bus

Say "thank you" to someone

Set goals

Apologize for a mistake

Tell someone **"I love you"**

Run

Hug

Get a good night's sleep

Forgive someone

Plan ahead

Go fishing

Meditate

Do something spontaneous

Smell a rose

Stand up and stretch

Climb a mountain

Take a long bath

Go for a brisk walk

Learn to say no

Dance

Get up fifteen minutes early

Cut back on caffeine

Daydream— Take a break in nature

CRY

Plant a flower

Hug someone you love

Watch a really good movie

Get a massage

Write down your dreams

Look out the window

Need a quick, or not so quick,

stress break?

Fresh out of ideas?

Try one of these

Simplify

Watch a cloud for five minutes

Plan a walking meeting

Roll your shoulders up and around in a circular motion

Put your feet up

Put a cat on your lap

Take a nap

Listen to birds

Read something funny every day

Lift weights

Eat real food every day

Work out regularly

Eat vegetables for **breakfast**

QUIT smoking

Walk barefoot in the grass

Watch an insect, squirrel, or bird

Do one thing at a time

Sit by a fire

Read a good book

Take the stairs

Look closely at a flower, leaf, blade of grass, or tree

Eat an orange slowly, segment by segment

Take one day at a time

Take time for the sunset or sunrise

Ditch sugary drinks

Play with a dog

Practice Yoga

Sing a song

Ride your bike to work

Take an herbal tea break

Speak up

Take the back roads

Write a poem

Challenge yourself—do something new

Experience each moment

Write a letter to the editor

Look at the BIG picture

Sit by a fountain or stream
Close your eyes and listen to the water

Spend an evening without TV

Have a crucial conversation

Make time for play

Take a leisurely stroll

Write down your fears

Laugh out loud

Make a list—then follow it

Put on some music

Massage your temples

Speak kindly to yourself:
"I can do a great job" "I can stay calm under pressure"

Share feelings with someone

Paint a peaceful scene—in your imagination

Wear earplugs when it's noisy

Take a child to the playground

Take a deep breath and let it all out

Release control

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