Stress Busters

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

- Go swimming
- Go to work a different way
- Call a friend
- Say “thank you” to someone
- Get a good night’s sleep
- Forgive someone
- Plan ahead
- Learn to say no
- Write down your dreams
- Watch a really good movie
- Go swimming
- Go to work a different way
- Unplug from electronics
- Keep a journal of thoughts and feelings
- Go for a brisk walk
- Do something spontaneous
- Run
- Hug
- Smell a rose
- Meditate
- Do something spontaneous
- Tell someone “I love you”
- Apologize for a mistake
- Take a long bath
- Climb a mountain
- Daydream—Take a break in nature
- Watch a really good movie
- Look out the window
- Dance
- Plan a walking meeting
- Take a nap
- Listen to birds
- Read a good book
- Take the sunset or sunrise
- Practice Yoga
- Experience each moment
- Take the back roads
- Ditch sugary drinks
- Plant a flower
- Hug someone you love
- Get a massage
- Watch a cloud for five minutes
- Look closely at a flower, leaf, blade of grass, or tree
- Wear earplugs when it’s noisy
- Take a child to the playground
- Release control
- Go fishing
- Stand up and stretch
- Climb a mountain
- Cut back on caffeine
- Get up fifteen minutes early
- Go fishing
- Eat real food every day
- Lift weights
- QUIT smoking
- Walk barefoot in the grass
- Read something funny every day
- Sit by a fountain or stream
- Close your eyes and listen to the water
- Go for a brisk walk
- Challenge yourself—do something new
- Write down what you’re grateful for
- Challenge yourself—do something new
- Write a letter to the editor
- Take an herbal tea break
- Take a leisurely stroll
- Take one day at a time
- Look closely at a flower, leaf, blade of grass, or tree
- Take a nap
- Listen to the Big Picture
- Practice Yoga
- Experience each moment
- Take the back roads
- Ditch sugary drinks
- Plant a flower
- Hug someone you love
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