



# 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

Apologize for a mistake

**Run**

Hug

Get a good night's sleep

Go fishing

**Meditate** Do something spontaneous

Smell a rose

Forgive someone

Plan ahead

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

Write down your dreams

Watch a really good movie

Look out the window

**Simplify** Watch a cloud for five minutes

Put your feet up

Put a cat on your lap

Plan a walking meeting

Take a nap

Listen to birds

Roll your shoulders up and around in a circular motion

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

Put your feet up

Watch an insect, squirrel, or bird

Do one thing at a time

Take one day 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 a quick, or not so quick, stress break?**

Fresh out of ideas? Try one of these

**Ditch sugary drinks**

**Play with a dog**

Take the back roads

Experience each moment

Take an herbal tea break

**Speak up**

Take the back roads

Challenge yourself—do something new

Write a poem

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

**Sing a song**

**Ride your bike to work**

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