



# Stress Busters

Change your <b>coffee break</b> to an <b>exercise break</b>	<b>Angry?</b> Talk about it	<b>Ask for help</b>	Make a list of things you are grateful for		<b>Go swimming</b>
	<b>Unplug from electronics</b>		<b>Go to work a different way</b>		
	<b>Tell a joke</b>	<b>Keep a journal of thoughts and feelings</b>		Call a friend	
		Leave the car at home and take the bus		Say "thank you" to someone	
<b>Dance</b>	Apologize for a mistake	<b>Run</b>	<b>Hug</b>	<b>Get a good night's sleep</b>	
	Tell someone <b>"I love you"</b>		Smell a rose	<b>Forgive someone</b>	<b>Plan ahead</b>
	<b>Meditate</b>	Do something spontaneous	<b>Go for a brisk walk</b>		<b>Set goals</b>
	<b>Stand up and stretch</b>	Climb a mountain	<b>Learn to say no</b>		
<b>Take a nap</b>	Get up fifteen minutes early	Cut back on caffeine	<b>Daydream—</b> Take a break in nature		<b>Write down your dreams</b>
	Watch a really good movie		<b>CRY</b>	Plant a flower	
	<b>Look out the window</b>		<b>Get a massage</b>	Hug someone you love	
	Plan a walking meeting		<b>Simplify</b>	Watch a cloud for five minutes	
<b>QUIT smoking</b>	<b>Listen to birds</b>	<b>Roll your shoulders up and around in a circular motion</b>	<b>Put your feet up</b>		<b>Take one day at a time</b>
	Read something funny every day		Put a cat on your lap		
	<b>Lift weights</b>		<b>Work out regularly</b>	<b>Eat vegetables for breakfast</b>	
	<b>Eat real food every day</b>		Watch an insect, squirrel, or bird		
<b>Sing a song</b>	<b>Walk barefoot in the grass</b>	<b>Take the stairs</b>	<b>Do one thing at a time</b>		<b>Write down your fears</b>
	<b>Sit by a fire</b>		Look closely at a flower, leaf, blade of grass, or tree		
	<b>Read a good book</b>		Eat an orange slowly, segment by segment		
	<b>Practice Yoga</b>		<b>Play with a dog</b>		
<b>Ride your bike to work</b>	<b>Take an herbal tea break</b>	<b>Speak up</b>	<b>Take the back roads</b>		<b>Experience each moment</b>
	<b>Challenge yourself—do something new</b>		<b>Spend an evening without TV</b>		
	Write a poem	Write a letter to the editor	Look at the <b>BIG picture</b>	Sit by a fountain or stream Close your eyes and listen to the water	
	<b>Make time for play</b>	<b>Laugh out loud</b>	<b>Put on some music</b>	<b>Take a leisurely stroll</b>	
<b>Share feelings with someone</b>	Massage your temples		Speak kindly to yourself: "I can do a great job" "I can stay calm under pressure"		<b>Release control</b>
	<b>Paint a peaceful scene—in your imagination</b>		<b>Take a child to the playground</b>		
	<b>Take a deep breath and let it all out</b>		<b>Wear earplugs when it's noisy</b>		
	<b>Need a quick, or not so quick, stress break?</b> Fresh out of ideas? Try one of these				