



# Stress Busters

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

Change your coffee break to an exercise break	<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>	Keep a journal of thoughts and feelings	Call a friend	<b>Set goals</b>
	Apologize for a mistake	Leave the car at home and take the bus	Say "thank you" to someone	
	Tell someone "I love you"	<b>Run</b>	Hug	
Go fishing	<b>Meditate</b>	Do something spontaneous	Smell a rose	Forgive someone
<b>Dance</b>	Stand up and stretch	Climb a mountain	<b>Take a long bath</b>	Get a good night's sleep
	Get up fifteen minutes early	Cut back on caffeine	<b>Daydream— Take a break in nature</b>	<b>CRY</b>
	Watch a really good movie			Plant a flower
	<b>Look out the window</b>			Hug someone you love
	Plan a walking meeting	Roll your shoulders up and around in a circular motion		<b>Get a massage</b>
<b>Take a nap</b>	Listen to birds			Simplify
Read something funny every day				Watch a cloud for five minutes
<b>QUIT smoking</b>	<b>Eat real food every day</b>			Put your feet up
	<b>Walk barefoot in the grass</b>			Put a cat on your lap
				Work out regularly
Sit by a fire	<b>Read a good book</b>	<b>Take the stairs</b>	Look closely at a flower, leaf, blade of grass, or tree	<b>Eat vegetables for breakfast</b>
	Take time for the sunset or sunrise		Eat an orange slowly, segment by segment	Watch an insect, squirrel, or bird
	<b>Practice Yoga</b>	<b>Ditch sugary drinks</b>		Do one thing at a time
<b>Sing a song</b>	<b>Ride your bike to work</b>	<b>Speak up</b>	Take the back roads	<b>Take one day at a time</b>
	Take an herbal tea break			
	Write a poem	Challenge yourself—do something new		<b>Play with a dog</b>
	Write a letter to the editor	Look at the <b>BIG picture</b>	Sit by a fountain or stream	Experience each moment
	Make time for play		Close your eyes and listen to the water	Spend an evening without TV
	<b>Laugh out loud</b>			Have a crucial conversation
		Make a list—then follow it		<b>Take a leisurely stroll</b>
Massage your temples	Speak kindly to yourself: "I can do a great job" "I can stay calm under pressure"			<b>Write down your fears</b>
Share feelings with someone	Paint a peaceful scene—in your imagination	Wear earplugs when it's noisy		
	<b>Take a deep breath and let it all out</b>		Take a child to the playground	
			Release control	