



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

Call a friend

Tell a joke

Keep a journal of thoughts and feelings

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

Tell someone "I love you"

Smell a rose

Forgive someone

Plan ahead

Go fishing

Meditate Do something spontaneous

Set goals

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

Simplify Watch a cloud for five minutes

Plan a walking meeting

Take a nap Listen to birds

Roll your shoulders up and around in a circular motion

Put your feet up

Put a cat on your lap

Need a quick, or not so quick, **stress break?**

Fresh out of ideas? Try one of these

Put your feet up

Work out regularly

Eat vegetables for breakfast

Read something funny every day

Lift weights Eat real food every day

Watch an insect, squirrel, or bird

QUIT smoking Walk barefoot in the grass

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

Practice Yoga

Ditch sugary drinks

Play with a dog

Take an herbal tea break

Speak up Take the back roads

Experience each moment

Sing a song Ride your bike to work

Write a poem

Challenge yourself—do something new

Spend an evening without TV

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

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