

52 Proven Stress Reducers

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Get up 15 minutes earlier.

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Prepare for the morning
the night before.

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Don't rely on memory;
write stuff down.

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Do nothing which, after
being done, leads you to
lie.

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Make duplicates of
all keys.
Bury a house key in a
secret garden spot.

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- Practice preventative
maintenance.

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- Be prepared to wait.

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- Do it now. Don't
procrastinate on this one!

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- Plan ahead: gas tank full, home staples well-stocked, postage stamps...don't wait until you're on "empty"

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- Don't put up with things that don't work right. Get 'em fixed or get a new one.

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- Allow an extra 15 minutes to get to appointments.

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- Restrict or eliminate caffeine.

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- Always have a contingency plan.

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- Relax your standards.

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- Pollyanna Power! Count the things that go right.

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- Ask questions.

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- Say "No" more often.

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- Unplug your phone (at home) long enough for a long bath,etc.

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- Turn “needs” into preferences.

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- Simplify, simplify, simplify

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- Befriend nonworriers.

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- Get up and stretch periodically.

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- Wear earplugs (for home quiet times)

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- Get enough sleep.

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- Yoga breathing tip for non-yoga-ites:
Breath in deeply via the nose (8 counts), exhale very slowly via lips (16 counts)

Repeat 40 times

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- Create order out of chaos.

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- When feeling stressed, breathe deeply (not shallow breaths) more often.

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- Journal your thoughts to keep or toss to keep things in perspective.

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- Visualize the “Thrill of Victory” video on upcoming stressful experiences.

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- Divert temporarily from a stressful task to get back on track anew.

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- Talk it out. (Tell your friend this is just to “vent” not to “fix.”)

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- Select environs in line with your personal goals and needs. If you hate to discuss politics, avoid those people...etc.

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- Live one day at a time.

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- Every day, do something you really enjoy.

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- Add an ounce of love to all you do.

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- Do something to improve your appearance. (A smile is the quickest way to improve your “face value.”)

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- Take a hot bath/shower (or a cool one in summertime) to relieve tension.

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- Do something for someone else.

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- Focus on understanding, rather than being understood; on loving, rather than being loved; on listening, rather than being heard, etc.

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- Schedule a realistic day.

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- Become more flexible.

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- Eliminate destructive self talk: “I’m too old for that...”
- Instead say, “I’m the perfect age for..”
- If you catch yourself say, “Cancel, cancel” and reword the negative to a positive.

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- Use weekends for a change of pace; seek peace and solitude.

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- Worry about the pennies, and the dollars take care of themselves.
(Pennies = Today,
Dollars = tomorrows)

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- Do one thing at a time well. When with someone, be WITH that one.

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- Allow time each day for privacy, quiet and introspection.

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- Do unfavorite tasks early in the day.

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- Learn to delegate or trade tasks with others who are willing and able.

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- Don't forget to take a lunch break—even if only for a few minutes.

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- Count to 1000 (in lieu of 10) to rethink before jumping in.

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- Forgive often. Accept that we live in an imperfect world.

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- Believe that most are doing the best they can muster.

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