

50 WAYS TO COPE WITH STRESS

- 1. Get up 15 minutes earlier. Prepare for the morning the night before. Don't rely on your memory ... write things down. Repair things that don't work properly. **MAKE DUPLICATE KEYS.** **SAY "NO" MORE OFTEN.** Set priorities in your life. Avoid negative people. Always make copies of important papers. **ASK FOR HELP WITH JOBS YOU HATE.** Break large tasks into bite sized portions. Look at problems as challenges. Smile more. Be prepared for rain. **SCHEDULE A PLAY TIME INTO EVERY DAY.** Avoid tight fitting clothes. Take a bubble bath. **BELIEVE IN YOU.** Visualize yourself winning. Develop a sense of humor. Stop thinking tomorrow will be a better today. Have goals for yourself. **say HELLO TO A STRANGER.** Look up at the stars. **PRACTICE MEDITATION** & **LEARN HOW TO DO BRAND NEW THINGS.** Stop a bad habit. **TAKE STOCK OF YOUR ACHIEVEMENTS.** Do it today. Strive for excellence, NOT perfection. **LOOK AT A WORK OF ART.** Maintain your weight. Plant a tree. Stand up and stretch. Always have a plan B. Learn a new doodle. Learn to meet your own needs. **BECOME A BETTER LISTENER.** Know your limitations and let others know them too. **THROW A PAPER AIRPLANE.** Exercise every day. Get to work early. **CLEAN OUT ONE CLOSET.** Take a different route to work. **LOSE WORK RUMS (WITH PERSUASION).** Remember you always have options. Quit trying to "fix" other people. **GET ENOUGH SLEEP.** Praise other people. **RELAX, TAKE EACH DAY AT A TIME ... TRY HAVE THE REST OF YOUR LIFE TO LIVE.**