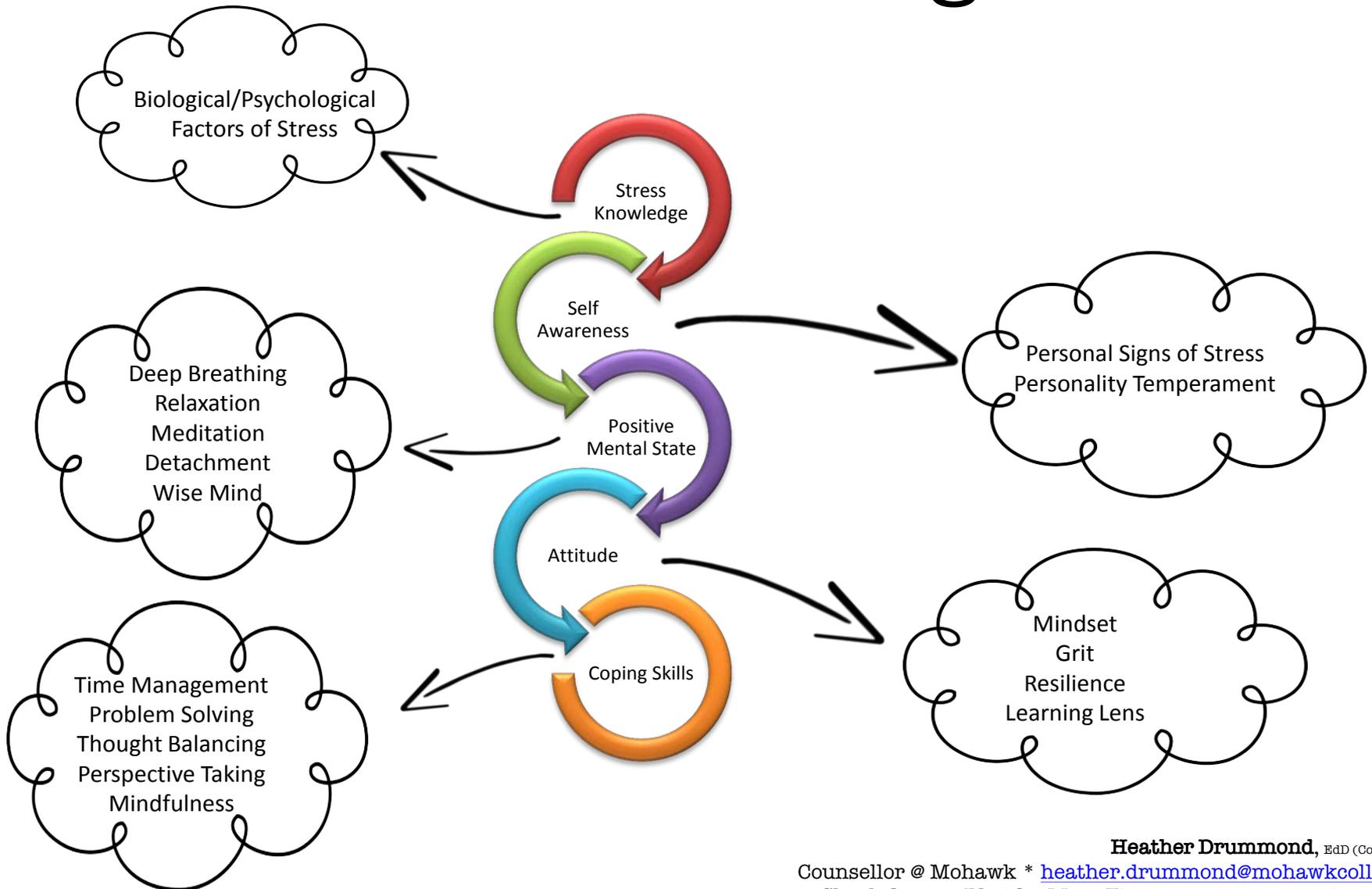


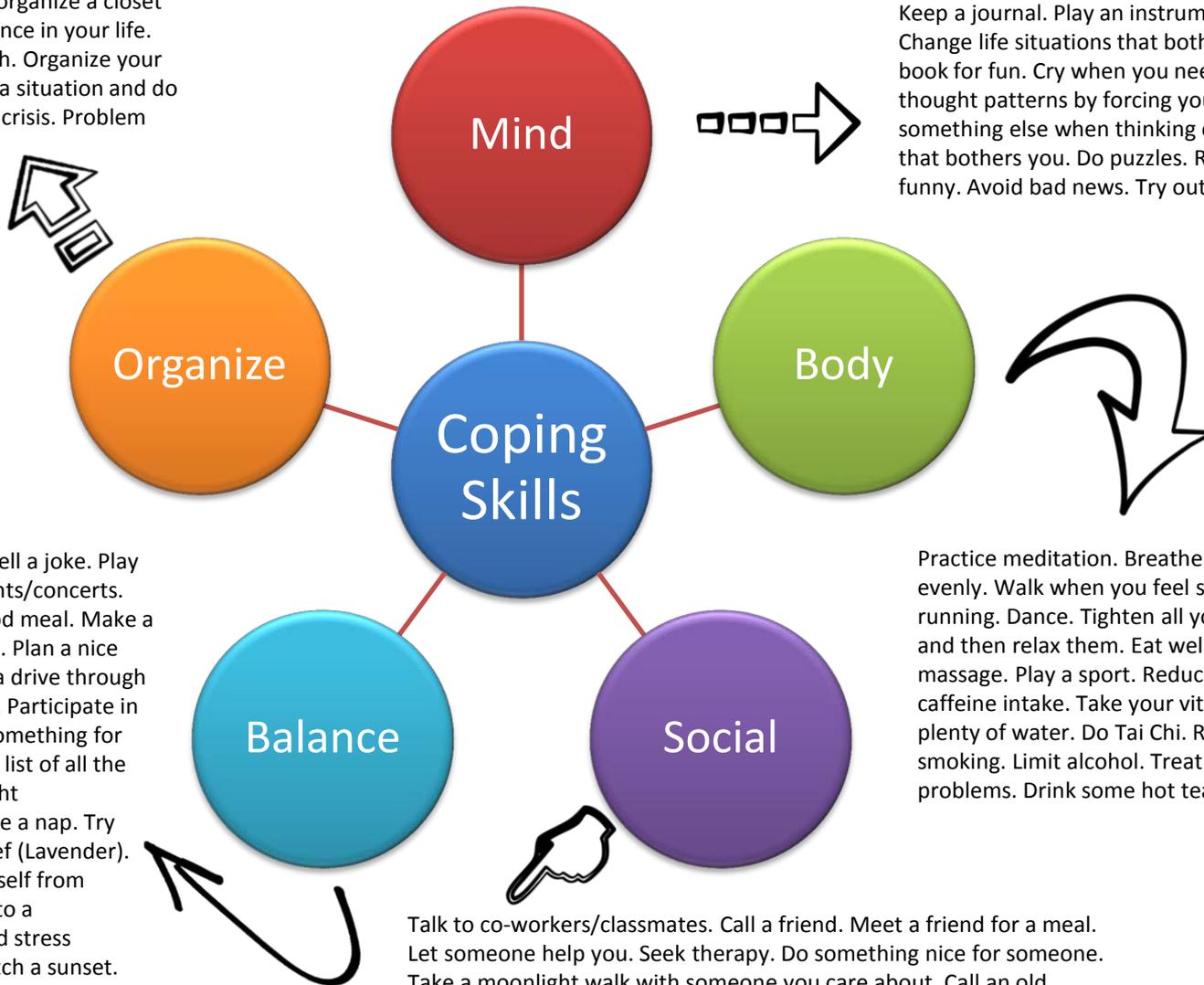
Stress Management



Stress Management Strategies

Make a "to-do" list. Create a schedule. Don't procrastinate. Create goals and make a plan. Clean or organize a closet or drawer. Create balance in your life. Don't take on too much. Organize your space. Take control of a situation and do something to help the crisis. Problem solve.

Keep a journal. Play an instrument. Doodle. Change life situations that bother you. Read a book for fun. Cry when you need to. Change thought patterns by forcing yourself to think of something else when thinking of something that bothers you. Do puzzles. Read something funny. Avoid bad news. Try out hypnosis.



Take breaks. Smile often. Tell a joke. Play with kids/pets. Attend events/concerts. Watch a movie. Cook a good meal. Make a silly face and take a picture. Plan a nice evening for yourself. Take a drive through a scenic area. Go shopping. Participate in a hobby. Take a bath. Do something for you each day. Sing. Make a list of all the good things in your life. Light aromatherapy candles. Take a nap. Try essential oils for stress relief (Lavender). Go to a park. Remove yourself from negative situations. Listen to a motivational podcast. Avoid stress triggers. Say a mantra. Watch a sunset. Look at pictures of happy times or people you love. Develop healthy boundaries.

Talk to co-workers/classmates. Call a friend. Meet a friend for a meal. Let someone help you. Seek therapy. Do something nice for someone. Take a moonlight walk with someone you care about. Call an old friend. Call your family. Make new friends. Avoid toxic people or people who affect your life negatively. Invite friends over for a small party and have fun.

Practice meditation. Breathe deeply and evenly. Walk when you feel stressed. Try running. Dance. Tighten all your muscles and then relax them. Eat well. Get a massage. Play a sport. Reduce your caffeine intake. Take your vitamins. Drink plenty of water. Do Tai Chi. Reduce or stop smoking. Limit alcohol. Treat medical problems. Drink some hot tea.