

Creative ways to relieve stress

- Listen to music
- Finger paint/ toe paint
- Color in coloring books
- Dance in the rain, play in the snow
- Scream at the top of your lungs!
- Catch fireflies (but let them go)
- Flashlight tag
- Exercise - running, bike riding, blades, weightlifting
- playdough :o)
- Shopping
- Blow bubbles
- food fight
- karaoke
- skinny dipping
- bubble bath
- jumping on the bed
- laughing
- pillow fight
- Going out
- Poetry/writing
- Singing out loud with the radio
- hit a punching bag
- take a long shower/bath
- volunteer
- Throw darts at someone's picture
- watch a favorite movie
- get some lovin'
- arts and crafts
- send something to yourself through the mail
- talk with a friend
- go to a concert
- play in the mud, sand, or Styrofoam
- go paintballing
- "flip a coin" roadtrips
- go to chuck e cheese
- Play blanket ball
- Get outta farmville
- Wal-mart hide and seek
- Laying down with the lights off
- Yoga
- Wrestling
- Play a practical joke on someone (be a good sport)
- Do something nice for someone else
- Try something that you've never done before
- Go to a place you find relaxing
- Don't be afraid to vent
- Enjoy nature – the stars, ocean, wood, etc.
- Play with someone's hair, or have someone play with yours.
- Head massage
- Play with your food
- Climb a tree
- Sing in the shower

STRESS AND TIME URGENCY

SOME STRESSFUL THOUGHTS: .

1. MY SENSE OF TIME URGENCY HAS HELPED MY SUCCESS.
2. I CAN'T DO ANYTHING ABOUT IT, SO WHY TRY.

HERE ARE SOME IDEAS:

1. MORE SOCIAL ACTIVITIES WITH FAMILY AND FRIENDS.
2. SPEND A FEW MINUTES A DAY RECALLING EVENTS FROM THE PAST, LIKE OLD PHOTOS.
3. READ BOOKS, BUT NOT ON SELF IMPROVEMENT OR WORK RELATED STUFF.
4. VISIT A MUSEUM. GET SOME CULTURE.
5. GO TO THE MOVIES, PARKS, OR DO SOMETHING YOU ALWAYS WANTED TO.
6. WRITE THAT LETTER YOU ALWAYS PROMISED THAT FRIEND.
7. TAKE A COURSE IN SOMETHING THAT YOU WANT TO NOT THAT YOU HAVE TO.
8. ASK A FAMILY MEMBER WHAT THEIR DAY WAS LIKE, AND ACTUALLY LISTEN TO THE ANSWER.
9. STRETCH WHEN YOU WAKE UP.
10. DRIVE MORE SLOWLY.
11. GO OUT TO BREAKFAST OR LUNCH, BUT NO FAST FOOD.
12. PUT THE FORK DOWN BETWEEN BITES.
13. SPEAK MORE SLOWLY, INTERRUPT LESS OFTEN.
14. TAKE THE SCENIC ROUTE.
15. CAR POOL WITH SLEEPERS.
16. GET TO WORK A FEW MINUTES EARLY, SAY GOOD MORNING TO AT LEAST 5 PEOPLE.
17. DON'T DO TWO THINGS AT ONCE, YOU WON'T DO EITHER WELL.
18. SPACE CHORES, *BUT* COMPLETE SOME.
19. PAY YOURSELF FIRST. SET ASIDE A FEW MOMENTS FOR YOU.
20. IF YOU CAN'T DO IT ALL TODAY, DON'T.
21. DON'T PASS THE CHANCE TO DRINK WATER AND TAKE A DEEP BREATH.
22. TELL YOUR SPOUSE AND CHILDREN THAT YOU LOVE THEM.
23. MAKE A NEW FRIEND.
24. LET FRIENDS KNOW THAT YOU STAND READY TO HELP THEM.
25. GET A PET AND TAKE CARE OF IT. THEY GIVE UNCONDITIONAL LOVE.
26. DON'T START TROUBLE.
27. SAY SOMETHING GOOD ABOUT SOMEBODY, MAYBE EVEN TO THEM PERSONALLY.
28. LOOK FOR BEAUTY.
29. STOP CURSING SO MUCH.
30. SAY THANKS. AND KEEP SAYING IT.

20 Tips for Managing Stress

- 1. Work off Stress**
- 2. Enjoy Yourself**
- 3. Talk it Out**
- 4. Give in Occasionally**
- 5. Do Something for Others**
- 6. Have Some Real Close Friends**
- 7. Eat Sensibly**
- 8. Get Organized**
- 9. Rehearse**
- 10. Do It Now**
- 11. Learn to Say "No"**
- 12. Learn to Accept What You Cannot Change**
- 13. Avoid Self-Medication**
- 14. Live a Balanced Life**
- 15. Get Enough Sleep and Rest**
- 16. Make Yourself Available**
- 17. Shun the "Superman" Urge**
- 18. Develop a Regular Exercise Program**
- 19. Take Care of Yourself**
- 20. Learn to Relax**