

The Art of Stress Reduction

Overloaded? Overwhelmed? How do you get relief from stress? Sometimes a quick break from the stressful situation is needed. Often you can return refreshed and able to tackle the problem. Below are 100 ways to help you cope.

1. Take an early morning walk
2. Share a fun experience
3. Read a magazine or book
4. Garden, pull weeds
5. Visit a museum
6. Write in a daily diary
7. Make a new friend
8. Get up an hour earlier
9. Write letters to close friends
10. Play with your children
11. Take a mental vacation
12. Visit a neighbor
13. Take a bubble bath
14. Smile at someone
15. Call a friend
16. Do nothing
17. Take a one-day vacation
18. Repot houseplants
19. Break old routines
20. Listen to others
21. Plan your day
22. Cook a favorite meal
23. Watch birds
24. Browse in shops
25. Create something new
26. Rent a video
27. Take a nature walk
28. Go jogging
29. Play the piano, guitar
30. Reorganize a room, closet
31. Bake bread
32. Do needlework
33. Laugh often
34. Go bicycling
35. Try a new restaurant
36. Volunteer
37. Share your dreams
38. Take photographs
39. Get a massage
40. Go dancing
41. Forget the past
42. Sit in the backyard
43. Be flexible
44. Wear favorite old clothes
45. Watch a sunrise or sunset
46. Go swimming
47. Know when to say "no"
48. Change your routine
49. Take a short nap
50. Hear a good lecture
51. Listen to music
52. Practice deep breathing
53. Sing
54. Change your diet
55. Learn a new hobby
56. Drink herbal tea
57. Meditate
58. Clean the car
59. Fly a kite
60. Plan a party
61. Go to a movie
62. Make a big bowl of popcorn
63. Go sledding
64. Plan a surprise for someone
65. Have a picnic
66. Buy a flower
67. Roast marshmallows
68. Drive to the beach
69. Leave a special message
70. Be generous with hugs
71. Express your feelings
72. Think positive thoughts
73. Avoid stress, if possible
74. Join a self-help group
75. Knit an afghan
76. Fix a nutritious snack
77. Talk to your minister
78. Take an educational class
79. Camp out in the backyard
80. Tell someone you love them
81. Give a friend a flower
82. Go canoeing
83. Have an indoor picnic
84. Go to a concert
85. Learn a new sport
86. Talk to a Counselor
87. Relax!
88. Think success
89. Play tennis
90. List things you want to do
91. Join a support group
92. Plan new goals
93. Take things one at a time
94. Try painting, drawing
95. Go bowling
96. Unwind
97. Try carpentry
98. Enjoy life
99. Plan a surprise party
100. Do a crossword puzzle

If you need help

If you've tried to reduce your stress level but aren't making progress, talk over your situation with a trusted friend, family member or member of the clergy. Or if you would like to discuss your situation and feelings with a professional, call a counselor. For help in an emergency, call Crisis Services at (810) 257-3740 or toll free at (877) 346-3648, where a counselor is available 24 hours a day. TTY users call (810) 232-6310.

Other Genesee Health System handouts include: *Easy listening, Beat the holiday blues, 8 to 5 stress in the workplace*
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