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101 WAYS TO COPE WITH STRESS

GET UP EARLIER * PREPARE AHEAD * AVOID TIGHT CLOTHES * AVOID CHEMICAL AIDS * SET APPOINTMENTS * WRITE IT DOWN * PRACTICE PREVENTIVE MAINTENANCE * MAKE DUPLICATE KEYS * SAY "NO" MORE OFTEN * SET PRIORITIES * AVOID NEGATIVE PEOPLE * USE TIME WISELY * SIMPLIFY MEALS * COPY IMPORTANT PAPERS * ANTICIPATE NEEDS * MAKE REPAIRS * GET HELP WITH JOBS YOU DISLIKE * BREAK DOWN LARGE TASKS * LOOK AT PROBLEMS AS CHALLENGES * LOOK AT CHALLENGES DIFFERENTLY * UNCLUTTER YOUR LIFE * SMILE * PREPARE FOR RAIN * TICKLE A BABY * PET A DOG/CAT * DON'T KNOW ALL THE ANSWERS * LOOK FOR THE SILVER LINING * SAY SOMETHING NICE * TEACH A KID TO FLY A KITE * WALK IN THE RAIN * SCHEDULE PLAY TIME * TAKE A BUBBLE BATH * BE AWARE OF YOUR DECISIONS * BELIEVE IN YOURSELF * STOP TALKING NEGATIVELY * VISUALIZE WINNING * DEVELOP A SENSE OF HUMOR * STOP THINKING TOMORROW WILL BE BETTER * HAVE GOALS * DANCE A JIG * SAY HELLO TO A STRANGER * ASK A FRIEND FOR A HUG * LOOK AT THE STARS * BREATHE SLOWLY * WHISTLE A TUNE * READ A POEM * LISTEN TO A SYMPHONY * WATCH A BALLET * READ A STORY * DO SOMETHING NEW * STOP A BAD HABIT * BUY A FLOWER * SMELL THE FLOWER * FIND SUPPORT * FIND A "VENT-PARTNER" * DO IT TODAY * BE OPTIMISTIC * PUT SAFETY FIRST * DO THINGS IN MODERATION * NOTE YOUR APPEARANCE * STRIVE FOR EXCELLENCE NOT PERFECTION * STRETCH YOUR LIMITS * ENJOY ART * HUM A JINGLE * MAINTAIN YOUR WEIGHT * PLANT A TREE * FEED THE BIRDS * PRACTICE GRACE * STRETCH * HAVE A PLAN "B" * DOODLE * LEARN A JOKE * KNOW YOUR FEELINGS * MEET YOUR NEEDS * KNOW YOUR LIMITS * SAY "HAVE A GOOD DAY" IN PIG LATIN * THROW A PAPER AIRPLANE * EXERCISE * LEARN A NEW SONG * GET TO WORK EARLIER * CLEAN A CLOSET * PLAN WITH A CHILD * GO ON A PICNIC * DRIVE A DIFFERENT ROUTE TO WORK * LEAVE WORK EARLY * PUT AIR FRESHENER IN YOUR CAR * WATCH A MOVIE AND EAT POPCORN * WRITE A FAR AWAY FRIEND * SCREAM AT A BALLGAME * EAT A MEAL BY CANDLELIGHT * RECOGNIZE THE IMPORTANCE OF UNCONDITIONAL LOVE * REMEMBER STRESS IS AN ATTITUDE * KEEP A JOURNAL * SHARE A MONSTER SMILE * REMEMBER YOUR OPTIONS * BUILD A SUPPORT NETWORK * QUIT TRYING TO FIX OTHERS * GET ENOUGH SLEEP * TALK LESS AND LISTEN MORE * PRAISE OTHERS . . .

**P.S. RELAX, TAKE ONE DAY AT A TIME;
YOU HAVE THE REST OF YOUR LIFE TO LIVE.**

STRESS EXHAUSTION SYMPTOMS

Have you been feeling like you're at the end of your rope? Check any symptoms you have experienced in the past week, you may have stress exhaustion.

PHYSICAL

- Appetite change
- Headaches
- Tension
- Fatigue
- Insomnia
- Weight change
- Colds
- Muscle aches
- Digestive upsets
- Pounding heart
- Accident prone
- Teeth grinding
- Rash
- Restlessness
- Foot-tapping
- Finger-drumming
- Increased alcohol, drug or tobacco use

EMOTIONAL

- Anxiety
- Frustration
- The 'blues'
- Mood swings
- Bad temper
- Nightmares
- Crying spells
- Irritability
- Depression
- Nervous laugh
- Worrying
- Easily discouraged
- Little joy

SPIRITUAL

- Emptiness
- Loss of meaning
- Doubt
- Unforgiving
- Martyrdom
- Looking for magic
- Loss of direction
- Needing to prove yourself
- Cynicism
- Apathy

MENTAL

- Forgetfulness
- Dull senses
- Poor concentration
- Low productivity
- Negative attitude
- Confusion
- Lethargy
- Racing thoughts
- No new ideas
- Boredom
- Spacing out
- Negative self-talk

RELATIONAL

- Isolation
- Intolerance
- Resentment
- Loneliness
- Lashing out
- Hiding
- Clamming up
- Lowered sex drive
- Nagging
- Distrust
- Fewer contacts with friends
- Lack of intimacy
- Using people

• Hang a do not disturb sign on your door. • Read a book that you've been thinking about. • Exercise more often. • Take a daily nap. • Visit an art museum. • Make popcorn. • Browse a book store. • Go to a flea market. • Try painting a picture. • Visit a church or cathedral. • Go bird watching. • Practice listening while other people do the talking. • Do only one thing at a time. • Drop annoying time consuming acquaintances. • Visit a county cemetery. • Go camping. • When you feel happy, openly express feelings of joy! • Have a "good cry" once in a while. • Stop trying to remember everything, write things down. • Allow more time to catch an airplane, train or bus. • Make appointments 30 minutes later than you think you will need, and then leave 30 minutes early for the appointment. • Be prepared to wait for everything - haircuts, buses, checks. • Rid your life of things that cause "clutter." • Drop annoying time consuming activities. • Plan tomorrow at the end of each day. • Wear a "Do Not Disturb" button on your clothes. • Take long walks in the woods. • Write a story or poem, just for the fun of it! • Listen to relaxing music. • Listen to a stream or running brook. • Sit quietly in a dark room in a comfortable chair by yourself & meditate. • Clean out your clothes closet. If you haven't worn it in years, donate it to charity. • Daydream more often. • Fly a kite. • Start collecting stamps, buttons, postcards, etc. • Concentrate on positive thoughts. • Go dancing. • When you're sad, allow yourself to cry. • Take some time to "smell the roses." • Take an ocean cruise. • Go bowling. • Take deep breaths. • Eat very slowly & really taste your food. • Instead of riding a crowded elevator, try climbing the stairs. • Compose a poem. • Visit a zoo. • Chase away thoughts that create stress. • Drop annoying & time consuming obligations. • When you are disappointed, express your feelings. • Avoid crowded places. • Clean out your apartment / house, if you haven't used it in years, give it away. • Take vacations that are truly relaxing. • Take a warm bath, close your eyes & relax. • Eat less & avoid "heavy" foods. • Don't worry about things you cannot change. • Set realistic short term goals. • Avoid waiting in lines. • Do everything in moderation. • Stop "playing" for the money, enjoy what you're doing. • Go fishing. • Hug someone you love. • Eat brown bag lunches instead of eating out. • Go swimming. • Do a cross-word puzzle? • Control your sugar intake. • Cut down on smoking. • Don't rush home from work & eat immediately, relax first. • Turn off violent TV shows or news stories. • Avoid arguments. • Eat healthy snacks, not candy. • Try being less competitive. • Drive slower & enjoy the ride. • Take charge of a potentially stressful situation & relax before you act. • Sing a song that you like, even if you can't sing. • Play a game of solitaire with cards. • Take a shower. • Organize your important papers so you know where they are. • Watch a sunrise or sunset. • Take an art appreciation course. • Shoot baskets with a group of friends. • Plant a garden. • Take a yoga class. • Play a game of miniature golf. • Practice doodling. • Work with clay and create something. • Play a game of chess with someone by mail. • Try knitting or needlepoint. • Refinish or paint an old piece of furniture. • Try gourmet cooking. • Paint a picture. • Build sand castles. • Try skiing. • Make a hooked rug. • Make a pot of herbal tea. • Snuggle with someone you love. • Watch an old movie. • Bake bread. • Start a jigsaw puzzle & keep it out until you've finished it. • Wash & wax your car. • Go horseback riding. • Sit down & think of others ways you can beat stress.