



## **20 Proven Stress Reducers**

1. Get up 15 minutes earlier in the morning. The inevitable morning mishaps will be less stressful.
2. Don't rely on your memory. Write down appointment times, when to pick up the laundry, when library books are due, etc.
3. Procrastination is stressful. Whatever you want to do tomorrow, do today; whatever you want to do today, do it now.
4. Plan ahead. Don't let the gas tank get below one-quarter full, keep a well stocked emergency shelf of home staples, don't wait till you're down to the last bus token or postage stamp to buy some more.
5. Don't put up with something that doesn't work. If your alarm clock, wallet, shoe laces, windshield wipers – whatever – are a constant aggravation, get them fixed or get new ones.
6. Be prepared to wait. A paperback can make a wait in a post office line almost pleasant. Time waiting is also a good opportunity to plan what you need to do during the rest of the week or day.
7. Powerful positive thinking – for every one thing that goes wrong, there are probably 10, 50, or 100 blessings, count them!
8. Turn needs into preferences. Our basic physical needs translate into food, water and keeping warm. Everything else is a preference. Don't get attached to preferences.
9. Make friends with non- worriers. Nothing can get you into the habit of worrying faster than associating with chronic worrywarts.
10. Simplify, simplify, simplify! If you can get all you groceries at one store or if you can finish all your errands in one trip, do it! However, if it is too overwhelming for you, do a little at a time.

11. Create order out of chaos. Organize your home and workplace so that you always know exactly where things are. Put things away where they belong and you won't have to go through the stress of losing things.
12. Add an ounce of love to everything you do.
13. Become more flexible. Some things are not worth doing perfectly. Learn to compromise more.
14. Eliminate destructive talk.
15. "Worry about the pennies and the dollars will take care of themselves" That's another way of saying: take care of today as best as you can and the yesterdays and the tomorrows will take care of themselves.
16. Do one thing at a time. When you are with someone, be with that person and with no one or nothing else. When you are busy with a project, concentrate on doing that project and forget about anything else you have to do.
17. If a particularly unpleasant task faces you, do it early in the day and get over with. Then the rest of the day will be anxiety and dread free.
18. Learn to delegate responsibility to capable others.
19. Forget about counting to ten. Count to 1,000 before doing or saying something that will make matters worse.
20. Have a forgiving view of people and events. Accept the fact that we live in a stressful world.