

30 Ways to Relieve Stress

1. Listen to your body. Notice when you feel tension and do something to ease it.
2. Remember to **B-R-E-A-T-H-E**. Take l-o-n-g, s-l-o-w, easy, full breaths.
3. Consciously and audibly **S-I-G-H**. Let go.
4. **Laugh**. Especially at yourself.
5. Play. Especially with young children.
6. Sing, chant or whistle.
7. Hug.
8. Forgive.
9. Hop up and down, or march.
10. Pursue creative outlets. Gardening, painting, playing an instrument, hobbies, etc.
11. Listen to easy music.
12. Stop competing so much. Let go of idea that you must be first or the best.
13. Eat blissful foods. Beans, honey, fish, olive oil, organic fruits, hormone-free poultry & meats, nuts, soy products, filtered or distilled water, whole grains, brown rice.
14. Avoid unblissful foods. Sugar, salt in excess, white bread, white rice, soft drinks, boxed and canned foods.
15. Watch your thoughts. Replace negative self-talk with positive.
16. Engage in contemplative practices. Prayer. Meditation. Aimless wandering. Listening to silence. Watching the stars. Journaling. Reading inspirational texts.
17. Let your critical, judgmental mind fall back...and your heart spring forward!
18. Simplify your life. Unburden yourself of unnecessary possessions.
19. Do one thing at a time. Don't eat while you work or watch TV, for example.
20. Think of things you're grateful for. Make a list before you go to bed. *Feel* these things.
21. Have a good cry. Let tears flow.
22. Talk it out. Don't hold it in.
23. Write it down. Get it out.
24. Do what you know in your gut is right. Then don't worry about the results of your efforts.
25. Take a long, hot bath. Relax.
26. Have a warm drink (non-alcoholic; void of caffeine).
27. Get a massage.
28. Do progressive relaxation. Tighten each area of the body...and let go.
29. Get adequate rest.
30. Exercise, stretch regularly. **DO YOGA!** 😊