

101 Stress Relievers

Need a quick—or not so quick—stress-break? Fresh out of ideas? Try one of these:

ANGRY? TALK TO A FRIEND ABOUT IT. Apologize for a mistake. **Meditate.** Stand up and **stretch.**

Ask for help.

Call up an old friend. **Run.**

 Build a model ship.

TELL someone "I love you." a joke. **STOP AND YAWN.**

Stop and look out the window.

Work a crossword puzzle.

Dance

CLIMB A MOUNTAIN.

Close your eyes. What do you see?

Count to ten—or 1000—before exploding. Count your blessings—make a list.

 Cut back on caffeine.

WATCH A REALLY GOOD MOVIE.

Plan ahead.

Eat an orange slowly, segment by segment.



DAYDREAM spend your coffee break at the beach.

Do one thing at a time.



Eat a good breakfast.

Forgive someone.

Fly a kite.


Get a massage.

Get a pet.

Find someone you're grateful to and thank them.

Go Play with your dog.



 Get a good night's sleep.

Get up fifteen minutes early.

Keep a journal of thoughts and feelings.

GO

for a brisk walk, swimming, to work a different way.

Hug a tree.

Hug someone you love.

Laugh at something you did.

Leave the car at home and take the bus.

Lie in a hammock.

 **Lift weights.**

Listen to the birds.

Make love.

LOOK

at the big picture, closely at a flower, leaf, blade of grass or tree trunk, off into the distance.

Read a good book.


WASH THE CAR.

Plant a flower.



Smell a rose.

READ SOMETHING FUNNY EVERY DAY.

 Ride your bike to work.

...a cat in your lap.
...on some music.
...plants in your office.
...your feet up.

Play a round of golf.

Make a list. Then follow it.

- ✓ Take a child to the playground.
- ✓ Take a deep breath and let it all out.
- ✓ Take a leisurely stroll.
- ✓ Take a long bath.
- ✓ Take a nap.
- ✓ Take an herb tea break.
- ✓ Take one day at a time.
- ✓ Take the back roads.
- ✓ Take the stairs.
- ✓ Take time for the sunset—or sunrise.
- ✓ Take up knitting.

Massage your temples.

Quit smoking.

Write a poem.

Write a letter to the editor.

LEARN TO SAY NO. Roll your shoulders up and around in a circular motion.

Sit by a fountain or stream. Close your eyes and bear the water.

Share feelings with someone.

Practice Yoga.

Work out at the gym.

Do a good deed.

WEAR EARPLUGS WHEN IT'S NOISY.

TALK TO YOURSELF: "I CAN DO A GREAT JOB." "I CAN STAY CALM UNDER PRESSURE."

Paint a peaceful scene—in your imagination.

Make time for play.

Spend an evening without TV.

Write... down your fears, down your dreams, your congressman.

PRACTICE LAUGHING OUT LOUD.

Watch a cloud for five minutes. Watch an ant or other insect for five minutes.

Sit by a fire. Turn cocktail hour into exercise hour

Walk barefoot in the grass.



For additional copies, please contact the Workplace Health, Safety and Compensation Commission at (709) 778-1000 or 1-800-563-9000.

CLASP YOUR HANDS BEHIND YOUR HEAD AND STRETCH YOUR SHOULDERS.