

101 Stress Relievers

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

Stop and look out the window.
 Work a crossword puzzle.

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.**

Change coffee break to exercise break.



Build a model ship.

TELL someone "I love you." a joke.

STOP AND YAWN.

Dance
 Eat an orange slowly, segment by segment.

CLIMB A MOUNTAIN.

 Cut back on caffeine.

Close your eyes. What do you see?

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

WATCH A REALLY GOOD MOVIE.

Plan ahead.

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 fishing. 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.

Play a round of golf. **Make a list.** **Then follow it.**

WASH THE CAR. Plant a flower. Smell a rose.

- ✓ 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.

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.

Share feelings with someone.

Work out at the gym.

up and around in a circular motion.
Sit by a fountain or stream. Close your eyes and bear the water.

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.

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

PRACTICE LAUGHING OUT LOUD.

Watch a cloud for 5 minutes. Watch an ant or other insect for 5 minutes.

Make time for play. Spend an evening without TV.

Sit by a fire. Turn cocktail hour into afternoon hour.

Contact Your Employee Assistance Program Outcomes, Inc. (505)243-7145 or 1-800-677-2947

CLASP YOUR HANDS BEHIND YOUR HEAD AND STRETCH YOUR SHOULDERS.