

# WAYS TO DEAL WITH Stress

Prepare for the morning the night before  
Say no more often  
Set priorities in your life  
Always make copies of important papers  
Anticipate your needs  
Ask for help with the jobs you dislike  
Break large tasks into bite size portions  
Look at problems as challenges  
Unclutter your life  
Pet a friendly dog/cat  
Dont know all the answers  
Say something nice to someone  
Walk in the rain  
Schedule play time into every day  
Believe in yourself  
Vizualize yourself winning  
Have goals for yourself  
Ask a friend for a hug  
Practice breathing slowly  
Do a brand new thing  
Stop a bad habit  
Ask someone to be your vent-partner  
Do it today  
Work at being cheerful and optimistic  
Strive for excellence NOT perfection  
Look at a work of art  
Stand up and stretch  
Always have a plan B  
Be responsible for your feelings  
Learn to meet your own needs  
Become a better listener  
Know your limitations and let others know them too  
Exercise every day  
Learn the words to a new song  
Watch a movie and eat popcorn  
Write a note to a far away friend  
Remember that stress is an attitude  
Keep a journal  
Practice a monster smile  
Remember you always have options  
Get enough sleep  
Freely praise other people