**101 Stress Busters**

1. **Get 8 hours of sleep**
2. **Get up 15 minutes earlier**
3. **Prepare for the morning the night before**
4. **Avoid tight-fitting clothes.**
5. **Don't rely on your memory**
6. **Practice preventative maintenance**
7. **Exercise frequently**
8. **Make duplicate keys and store them where you can get to them**
9. **Say no more often**
10. **Set priorities in your life**
11. **Avoid negative people**
12. **Use your time wisely**
13. **Simplify everything you can**
14. **Make copies of important papers and store them where you'll be able to find them**
15. **repair anything that doesn't work properly**
16. **Ask for help**
17. **Chunk down big jobs into little ones**
18. **View problems as challenges**
19. **Look at challenges as opportunities**
20. **Unclutter your life.**
21. **Smile**
22. **Be prepared for rain**
23. **Laugh at something**
24. **Pet a dog or cat**
25. **Don't try to know all the answers**
26. **Look for the silver lining**
27. **Say something nice to someone**
28. **Walk in the rain**
29. **Schedule some time each day to play.**
30. **Take a long shower or a bubble bath**
31. **Be Conscious of the decisions you make**
32. **Believe in yourself**
33. **Stop beating yourself up**
34. **Stop saying negative things to yourself.**
35. **Visualize yourself winning**
36. **Develop your sense of humor**
37. **Make TODAY that better day**
38. **Set goals for yourself.**
39. **Say hello to a stranger**
40. **Spend time with people you enjoy**
41. **Ask a friend for a hug**
42. **Give a friend a hug.**
43. **Look at the stars**
44. **Breathe slowly**
45. **Read a poem**
46. **Listen to some music you've never heard before**
47. **Watch a ballet**
48. **Read something**
49. **Do something new.**
50. **Stop a bad habit.**
51. **Buy yourself a flower**
52. **Smell the flower**
53. **Find support from others**
54. **Give support to others**
55. **Do it today.**
56. **Work at being cheerful and optimistic**
57. **Put safety first.**
58. **Do everything you do in moderation.**
59. **Pay attention to your appearance**
60. **Strive for excellence, not perfection**
61. **Stretch your limits a little each day**
62. **Look at a painting or a sculpture**
63. **Hum a song.**
64. **Eat nutritiously**
65. **Plant a tree**
66. **Feed a bird**
67. **Practice grace under pressure**
68. **Stand up and stretch**
69. **Have a "plan B"**
70. **Draw a picture**
71. **Buy some crayons and color**
72. **Learn a joke.**
73. **Be responsible for your feelings**
74. **Meet your own needs.**
75. **Know you limitations and let others know them, too.**
76. **Throw a paper airplane**
77. **Exercise**
78. **Learn the words to a song**
79. **Get to work early**
80. **clean out one closet or one drawer**
81. **Go on a picnic**
82. **Take a different route to work**
83. **Put an air freshener in your car**
84. **Watch a movie**
85. **Eat some popcorn while you are watch a movie.**
86. **Write a note to someone you haven't heard from in a while**
87. **Take a walk.**
88. **Go to a ball game and scream**
89. **Eat a meal by candle light.**
90. **Recognize the importance of unconditional love.**
91. **Remember that stress is an attitude.**
92. **Keep a journal**
93. **Practice a smile**
94. **Remember that there are always options**
95. **Develop a support system**
96. **Quit trying to "fix" people.**
97. **Get enough sleep**
98. **Talk less**
99. **Listen more**
100. **Praise others**
101. **Stop counting things.**