

Twenty Proven Stress Reducers

1. Get enough sleep. If necessary, use an alarm clock to remind you to go to bed.
2. Don't rely on your memory. Write down when to pick up the laundry, when library books are due, etc.
3. Don't put up with things that don't work right. If something is a constant aggravation, get it fixed or replace it.
4. Plan ahead. Don't let the gas tank get below one-quarter full; keep a well-stocked emergency shelf" of supplies at home and at work, etc.
5. Make friends with non-worriers.
6. An instant cure for most stress: 30 minutes of brisk walking or other aerobic exercise.
7. Forget about counting to 10. Count to 1000 before doing something or saying anything that could make matters worse.
8. Pay off credit card balances monthly.
9. Learn to breathe.
10. Every day, make time for some solitude.
11. Schedule a realistic day. Allow ample time between appointments so you don't have to rush, worry, and apologize for being late.
12. Talk it out. Discussing your problems with a trusted friend can help clear your mind of confusion so you can concentrate on problem-solving.
13. Instead of doing something tomorrow, do it today; instead of doing it today, do it now. Hard work is often the accumulation of easy things you didn't do when you should have done them.
14. Relax your standards. The world will not mind if the grass doesn't get mowed this weekend.
15. Add an ounce of love in everything you do
16. Say "No, thank you" to extra projects you don't have the time or energy for.
17. Donate extra stuff to charity. Getting rid of what you don't need makes what do need easier to find.
18. Do nothing, which after being done, leads you to tell a lie.
19. Carry a duplicate car key in your wallet.
20. Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving and tolerant with the weak and erring - for sometime in life you will have been all of these.