25 Ways To Reduce Stress

you can keep stress from building up inside you by employing stress reduction techniques on a daily basis. Try these strategies to help keep your stress at bay.



- [ ] Share a meal with those you love
- [ ] Take some deep breaths
- [ ] Walk
- [ ] Sing out loud
- [ ] Lay down
- [ ] have a good cry if you feel like you need to
- [ ] Ask your kids about their day
- [ ] Take a break from your challenges
- [ ] Go out for an evening with your partner or friends
- [ ] Get out into nature
- [ ] Listen to music
- [ ] Let it go
- [ ] Go to the gym to workout
- [ ] Give yourself a break. Remind yourself that nobody's perfect
- [ ] Talk to someone about your stress
- [ ] Exercise with a DVD
- [ ] Journal your feelings

- [ ] Get lost in a good book
- [ ] Watch your favorite comedy on tv or rent a funny movie
- [ ] Call a relative
- [ ] Call a counselor
- [ ] Go to the movies with friends
- [ ] Play with your kids
- [ ] Cook something
- [ ] Use visual imagery to watch your stress drain from your body or float up, up and away

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