

# EVERYDAY WAYS TO MANAGE STRESS IN YOUR LIFE

*Try at least three each day:*

~ BREATHE ~ Listen to music you love ~ Delegate tasks ~ Stay in the present moment - it's the only one we have! ~ Make time for yourself ~ Honor others ~ Avoid junk food ~ Go for a walk ~ Don't procrastinate ~ Stretch often ~ Avoid clutter ~ BREATHE ~ Get together with someone you like to spend time with ~ Avoid drugs ~ Set limits ~ Think positive thoughts ~ Count to ten ~ Give hugs ~ Never drink and drive ~ Love yourself ~ Be faithful ~ Read good books ~ Get a massage ~ Confront your feelings, with love ~ Accept things as they are ~ Exercise ~ Avoid unnecessary meetings ~ Remember your triumphs ~ Ask others to help you ~ Avoid junk food ~ Screen your calls ~ Reflect on your joys ~ Meditate ~ Take a deep breath ~ Encourage others ~ See problems as challenges ~ Seek out positive people ~ Read good books ~ Be faithful ~ Laugh often ~ Believe in yourself ~ Organize your time ~ Say something nice to someone ~ BREATHE ~ Take a bubble bath ~ Read a poem ~ Put safety first ~ Stretch your limits each day ~ Honor yourself ~ Quit trying to "fix" other people ~ Smile ~ Love others ~ Play ~ Call someone you've been meaning to call ~ Be aware of the decisions you make ~ Love yourself ~ Tell someone to have a good day in pig latin ~ Remember you always have options ~ Set a goal ~ Keep a promise ~ Get up earlier ~ Look up at the stars ~ Simplify meal times ~ Avoid tight fitting clothes ~ Practice grace under pressure ~ Watch a movie and eat popcorn ~ Get enough sleep ~ BREATHE ~ Freely praise other people ~ Pet a friendly dog or cat or horse ~ Talk less and listen more ~ Begin each day as if it were on purpose ~ Be grateful ~ Abandon all hope of a better past ~ Love ~

*Cindy Gregory*

*Mosaic Counseling Services*

*509.674.5144 ~ office: 112 W. Railroad, Ste. 201, Cle Elum, WA ~ mailing: PO Box 671 Roslyn, WA 98941*