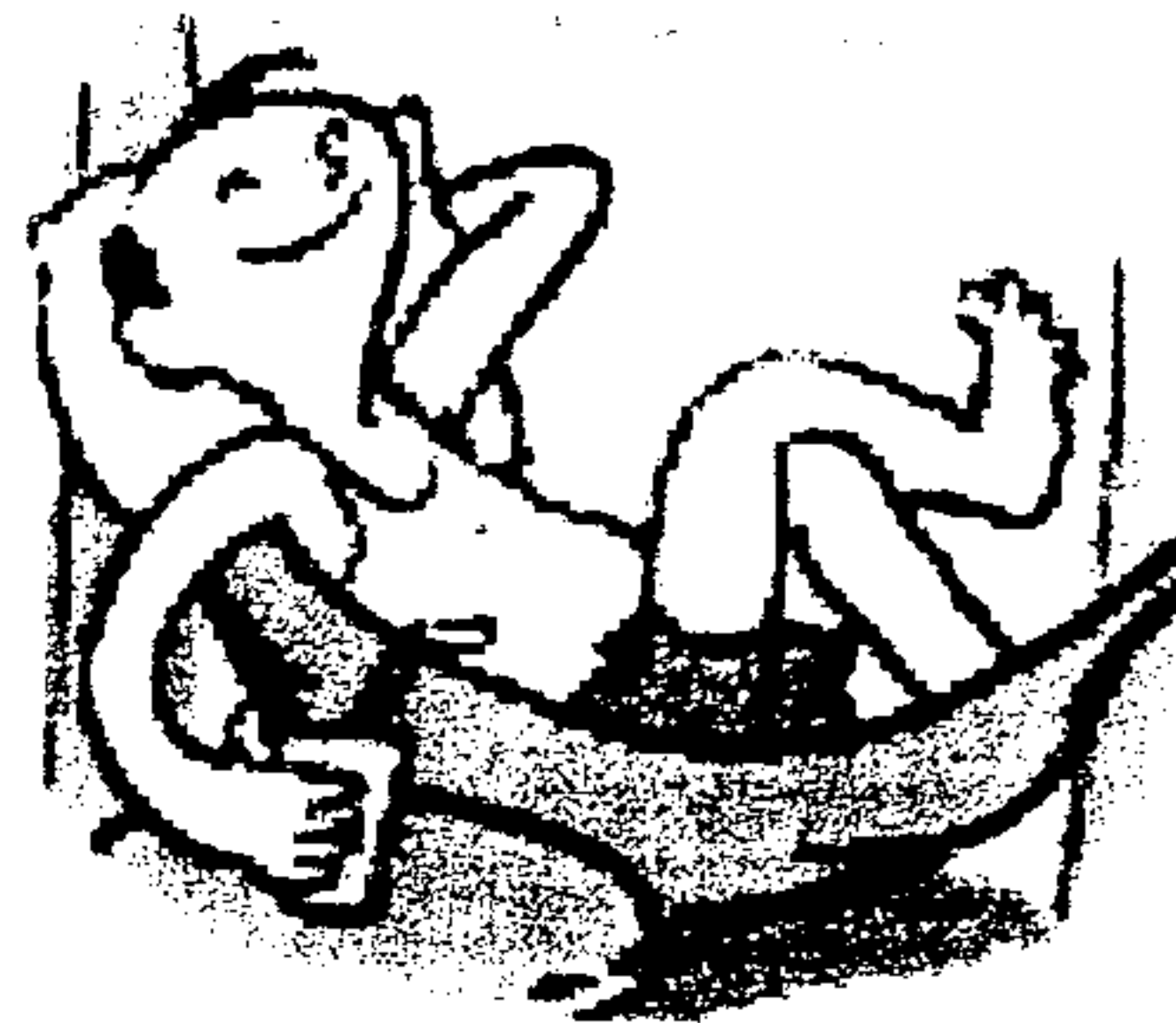


101 Astoundingly Simple Ways to Relax & Relieve Stress

Try a few. Try them all. Choose the ones that are right for you.



1. Take a deep breath. Exhale slowly
2. Bake cookies.
3. Blow bubbles.
4. Eat a little chocolate.
5. Buy yourself some flowers.
6. Carry reading materials with you to enjoy while waiting in lines, for appts., etc.
7. Catch up with an old friend.
8. Finger paint.
9. Count the stars.
10. Enjoy the weather –rain or shine.
11. Go on a picnic.
12. Take time every day to do something you enjoy.
13. Curl up in bed.
14. Dance a jig.
15. Do a crossword puzzle.
16. Go for a swim or jump off the diving board.
17. Doodle in the margins.
18. Take a walk.
19. Try your hand at solitaire.
20. Drink hot cocoa on a rainy day or any day.
21. Eat breakfast in bed.
22. Buy a year's worth of birthday cards all at once, so you'll have them ready when needed.
23. Eat your favorite comfort food.
24. Give to a good cause, donate what you don't need.
25. Enjoy a cold drink.
26. Make time for solitude daily.
27. Fly a kite.
28. Play with your pet.
29. Get a massage.
30. Paint your nails.
31. Take a scenic drive.
32. Go bowling.
33. Hug a huggable item like your spouse/friend/pet/teddy bear.
34. Hum a jingle.
35. Do unpleasant tasks early in the day to get it over with.
36. Jump on a trampoline.
37. Spend an hour at the arcade.
38. Laugh loudly!
39. Play skeeball.
40. Decide what's important, delegate the rest.
41. Listen to music.
42. Look through old photos.
43. Make a funny face and hold it for 10 seconds (it won't freeze that way).
44. Go to bed early.
45. Meet a friend for lunch.
46. Open the windows & let the fresh air inside.

47. Take a warm bubble bath or long shower.
48. Organize your desk/work area.
49. Play with clay or silly putty.
50. Give a gift for no reason.
51. Go shopping.
52. Go to a ballgame or favorite sporting event.
53. Watch your favorite sitcom.
54. Pursue a new hobby. Take a local art class.
55. Put some money aside for something you have always wanted.
56. Read the comics section first.
57. Try something you have always wanted to do but haven't.
58. Relax your standards a little; the world won't end if the grass isn't mowed.
59. Rent or go see a movie.
60. Ride a bike.
61. Stretch or roll your shoulders.
62. Say "NO" to an inconvenient request.
63. Play a musical instrument.
64. Scream into a pillow.
65. See a funny show, the sillier the better.
66. Send a greeting card—just because.
67. Skip rope.
68. Sleep in an extra 10 minutes.
69. Go to a petting zoo.
70. Hit a bucket of golf balls.
71. Smile at a stranger.
72. Take a nap.
73. Spend time in a garden.
74. Take a hike in the woods.
75. Read a trashy novel.
76. Start a journal. Writing down thoughts & feelings to help put them into perspective.
77. Stay home on a Saturday night.
78. Swing on a porch swing.
79. Take a day off but make no plans with (permission).
80. Walk to & from work.
81. Take time to enjoy your coffee/tea.
82. Talk about the things that worry you. You'll feel better later.
83. Think of your next embarrassing situation as an episode of "Candid Camera".
84. Treat yourself to an ice cream.
85. Try yoga.
86. Unplug your phone for the evening.
87. Turn off the news.
88. Visit a museum.
89. Throw a paper airplane.
90. Walk barefoot on the beach.
91. Take time to do absolutely nothing.
92. Watch the sunset/sunrise.
93. Whistle a tune.
94. Give a genuine compliment.
95. Take a mini vacation.
96. Run through the sprinklers.
97. Make a mud pie.
98. Work on a jigsaw puzzle.
99. Recharge with healthy snacks.
100. Treat yourself to take-out.
101. Celebrate!

You don't need a reason

