101 WAYS TO REDUCE STRESS

1. Go for a walk
2. Shrug your shoulders
3. Read a book that’s not required
4. Call your mom or dad
5. Take a five-minute break
6. Do projects now instead of later
7. Plan a hot tub party
8. Draw your version of what stress looks like
9. Make a new friend
10. Play in the rain
11. Count backwards from 100 in Swahili
12. Make a daily “to do” list and check off those you have accomplished
13. Hug someone
14. Get a massage
15. Pet a dog or cat
16. Talk about it
17. Watch cartoons
18. Breathe deeply
19. Trade dirty jokes with a friend
20. Iron your clothes
21. Ask someone out on a date
22. Smile at a stranger
23. Cry
24. Make a budget
25. Do a crossword puzzle
26. Eat a healthy meal
27. Leave a note on a friend’s car and let them know you care
28. Just say “no” when you’ve got too much to do
29. Take a nap
30. Learn from your mistakes and MOVE ON
31. Go for a swim
32. Give yourself a compliment
33. Find a quiet place to be alone
34. Take a long, hot bath
35. Arrange a surprise picnic for someone
36. Go to church
37. Think about soaking up the sun in Jamaica
38. Clean your room
39. Volunteer for a good cause
40. Dance around your room in your underwear
41. Buy yourself a new shirt
42. As yourself, “Does it really matter?”
43. Get rid of things you don’t need
44. Go for a bike ride
45. Go rollerblading
46. Catch the new movie at the theater
47. Listen to music
48. Incorporate fun activities into your everyday routine
49. Write a letter to an old friend
50. Change the message on your answering machine
51. Stop drinking anything with caffeine
52. Go to work / school using a different route
53. Look for shooting stars
54. Walk around a mall
55. Rent old movies
56. Make a CD or tape of your favorite songs
57. Write down your dreams for the future
58. Snuggle up with a teddy bear
59. Have a water balloon fight with friends or family
60. Play Frisbee
61. Plan a weekend trip to the zoo
62. Play a board game like Pictionary or Monopoly
63. Bake cookies and give them to your neighbors
64. Wash your car
65. Make eye contact with a person you’ve been admiring
66. Write a love letter
67. Read poetry
68. Send flowers to a friend “just because”
69. Walk in the moonlight
70. Watch the sun rise
71. Take a leisurely drive
72. Wink at someone you think is cute
73. Visit historical sights in town
74. Go out to eat
75. Flirt with the waiter or waitress
76. Cook your favorite food
77. Look at old pictures
78. Start a new hobby
79. Do your holiday shopping early
80. Watch the sun set
81. Go bowling
82. Send a funny card to your dad or mom
83. Plan a candlelight dinner
84. Eat frozen yogurt
85. Buy yourself something you don’t need
86. Ask for help
87. Get up ten minutes early
88. Catch some rays
89. Feed the squirrels
90. Talk to your boss or professor
91. Join a new organization or club
92. Call your best friend
93. Adopt a grandparent
94. Eat your vegetables
95. Go to bed early
96. Visit the toy store
97. Play in the park
98. Become a Big Brother or Big Sister
99. Organize your calendar, address book, and phone numbers
100. Go for a run or walk
101. Have a marshmallow fight with your friends

Adapted from Texas A&M University Department of Health Services