



## 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 you 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