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simple
STRESS RELIEF
strategies



There's no such thing as "stress free."

(Sorry. But it's true.)



Stress can easily grow into a
MONSTER, holding your inner peace
and happiness hostage.

(Again, sorry. But it's true.)



But there's *hope*.

You can target and eliminate this monster.

All you need to do is...



Be proactive.



You **CAN** gain control again and
enjoy your life once more.



This compilation of actionable techniques will help you get *started*.

Please **print** it and post these tips in your office as a constant reminder.



Here we go...



CHAPTER 1:

Everyday Stress Relief Tips – Forming Routines



Stress Relief Strategy:

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Plan one **positive** action for the day, **before** you start your morning routine.



Stress Relief Strategy:

Have a plan – make a list of stress related goals and ideas on how you might achieve them.



STRESS RELIEF STRATEGY:

**SPEND AT LEAST 10 MINUTES
RELAXING BEFORE HEADING
OUT TO FACE THE DAY. MAKE
IT A PART OF YOUR MORNING
ROUTINE.**



Stress Relief Strategy:

Don't spend more than 20 minutes
relaxing in the morning... morning
relaxation can turn into procrastination.



*Stress Relief
Strategy:*

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*Watch or read something light and
innocent once in a while.*



CHAPTER 2:

Getting a Grip on Bad Bedtimes



Stress Relief
Strategy:

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Do some light stretch exercises
before climbing in the sack.



Stress Relief Strategy:

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Stop drinking anything
caffeinated after 7:00 p.m.



Stress Relief Strategy:

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Do some physical work during the day. The body isn't ready to rest unless it's had a good workout.



Stress Relief Strategy:

Use a routine... it prepares the
mind for *sleep*.



Stress Relief Strategy:

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Reflect on the day's events
and spend 10 minutes
(and 10 minutes only) planning
for tomorrow.



Stress Relief Strategy:

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Eat a healthy supper, and don't
snack right before bed.



Stress Relief
Strategy:

Take a long, hot soak in the tub.



CHAPTER 3:

Weekend Workouts – For the Couch Potato



Stress Relief Strategy:

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Plan some **morning** activities.

It will motivate you for the
rest of the day.



STRESS RELIEF STRATEGY:

**SLEEP IN... BUT NOT TOO LATE.
YOU DON'T WANT TO MISS
YOUR TIME OFF.**



Stress Management Strategy:

*Wave **kids** — you'll never be
inactive again.*



Stress Relief Strategy:

Take the kids out to the park
and play with them.



*Stress Relief
Strategy:*

*Find a charitable activity you can
devote some time and energy to.*



CHAPTER 4:

Weekend Relaxation Techniques – For the Folks who Never Slow Down



Stress Relief Strategy:

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Pick out 1 hour of each weekend
day to do nothing but *relax*.



Stress Relief Strategy:

Plan a **nature** activity, and
slow down – it took time to
make the world, take some
time to **enjoy** it.



Stress Relief Strategy:

Find a **sit-down** hobby. Something as simple as whittling wood can help you feel *relaxed*.



Stress Relief Strategy:

Sit in a coffee shop for one hour
per weekend and
'people watch.'



CHAPTER 5:

Strategies For Eliminating Over-Bearing Stress



Stress Relief Strategy:

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Plan a **specific time** to work on finances. Try not to **think** about it at other times.



Stress Relief Strategy:

Make some long-term financial goals... but don't overdo it.
Planning every little detail only sets you up for frustration.



Stress Relief Strategy:

Stop playing the 'I must please everyone' role. It's okay to help people, but it's never your duty to make everyone happy.



Stress Relief Strategy:

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Keep a 'stress log'. Choose the stresses that occur most often, and work on those specifically.



CHAPTER 6:

Sharing Your Burden With Others



Stress Relief Strategy:

Find someone to talk to about your stress.
No one should go through this life alone.



Stress Relief Strategy:

*Make your conversations two-way.
Listen to other people's input.*



Stress Relief Strategy:

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Don't take offense with the
advice people give you... even
if it's offensive.



Stress Relief Strategy:

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If nothing else, talk to yourself...
and don't be afraid to answer.



STRESS RELIEF STRATEGY:

**TALK TO A COACH WHO CAN
HELP YOU STAY FOCUSED ON
YOUR STRESS RELATED
GOALS.**



CHAPTER 7:

Managing Stress Within The Family



Stress Relief Strategy:

Accept your spouse (or even ex-spouse) and their faults. A lot of stress can be avoided when we stop trying to perfect other people.



Stress Relief Strategy:

Learn to delegate duties.
Make sure your children are
contributing to the household
chores – you're **not** a slave.



Stress Relief Strategy:

Designate quiet time.

Offer a treat for those who do participate.



Stress Relief Strategy:

STOP feeling guilty for taking
occasional shortcuts
(like making frozen instead of fresh vegetables).



Stress Relief Strategy:

Pick your battles -

There's plenty to argue about.

Save it for something that matters.



Stress Relief Strategy:

Hang in there... families are never easy to deal with, but they're always worth it.



CHAPTER 8:

Handling Stress at Work



Stress Relief Strategy:

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Keep an eye out for opportunities to come. It could be a career change or just a change in company.



*Stress Relief
Strategy:*

*If you must cuss, do it silently.
Don't add fuel to a conflict.*



Stress Relief Strategy:

Try helping out a coworker -
charitable acts are great stress
relievers.



Stress Relief Strategy:

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Play some innocent practical jokes... but make sure it is not at someone else's expense.



Stress Relief
Strategy:

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Force yourself to smile.

'Faking happiness' will actually make it happen.



CHAPTER 9:

Dealing With Unavoidable Stress



Stress Relief Strategy:

Stop and take 10 deep breaths before proceeding.

(yes, it's a cliché rule, but it still works)



Stress Relief Strategy:

Force yourself to sit down and plan for potential problems once a week.



Stress Relief Strategy:

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Learn from the past. Once you've survived a stressful moment, reflect on ways you could have better handled it.



Stress Relief Strategy:

Accept the fact that you can't control anyone.
You can only control your reaction.



Stress Relief Strategy:

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Talk to a coach about how to better
deal with something
out of your control.



CHAPTER 10:

Even More Stress Relief Ideas



Stress Relief Strategy:

Read something funny -
laughter is truly the best medicine.



Stress Relief Strategy:

Address your stress -
ignoring it just makes it worse.



Stress Relief Strategy:

Go on a monthly 'night out' and blow off the steam.



Stress Relief
Strategy:

Meditate or pray.



Now what?



Stress can't be (and shouldn't be)
eliminated entirely.

It's what **DRIVES** us in life.

But...

(You knew there was a *but* coming, didn't you?)



...If stress isn't managed,
it can take control of us and keep us from
achieving **ANYTHING.**

(And that's not good.)



If you think stress has become too
OVERWHELMING in your life...



You **CAN** gain control and find the path
back to happiness and peace.

All you need to do is...



TAKE CHARGE.

Control your stress before it controls you.
Quit stressing and **start** living, today!