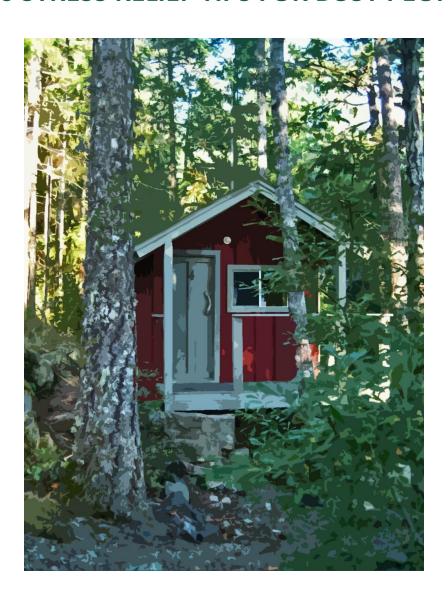


100 STRESS RELIEF TIPS FOR BUSY PEOPLE



By Lisa Rickwood, BFA, CPCC



STRESS RELIEF TIPS FOR BUSY PEOPLE

- 1. Say "No" more often
- 2. Avoid or minimize time with negative people
- 3. Make copies of important papers
- 4. Ask for help with jobs you dislike
- 5. Look at challenges as ways to improve, not negative
- 6. Un-clutter your home, office, life
- 7. Spend time with animals
- 8. Smile more find ways to be happy
- 9. Give a friend a hug
- 10. Spend a night studying the stars
- 11. Look for unusual shaped rocks
- 12. Spend more time with family and friends
- 13. Read a poem
- 14. Listen to a symphony
- 15. Read a story in bed
- 16. Try something new
- 17. Buy yourself some flowers
- 18. Appreciate all the things you do big and little
- 19. Strive for excellence, not perfection
- 20. Stretch your limits every day
- 21. Study a piece of art
- 22. Plant a tree
- 23. Feed the birds
- 24. Have a picnic in a park
- 25. Memorize a joke
- 26. Become a better listener
- 27. Write a challenge on a piece of paper, make a plane and throw it
- 28. Clean out one closet
- 29. Learn the words to a new song
- 30. Get to work early

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STRESS RELIEF TIPS FOR BUSY PEOPLE...

- 31. Take a different route to work
- 32. Leave work early
- 33. Watch a movie and eat popcorn
- 34. Go to a ball game and scream
- 35. Cook a meal and eat it by candlelight
- 36. Write a note to a faraway friend
- 37. Remember that stress is an attitude
- 38. Keep a journal
- 39. Have a support network of people, places and things
- 40. Don't try to "fix" other people
- 41. Get enough sleep
- 42. Find a physical activity you love
- 43. Get up 15 minutes earlier
- 44. Watch a sunrise and sunset
- 45. Try a new restaurant
- 46. Take a day trip
- 47. Take a "sick" day and stay home and "do nothing"
- 48. Putter in a garden or just dig in the dark
- 49. Learn a new instrument
- 50. Learn a new language
- 51. Go for a hike
- 52. Spend more time outdoors we're not meant to stay indoors 24/7
- 53. Set priorities in your life
- 54. Simplify your meals
- 55. Don't rely on your memory write it down
- 56. Focus on saying positive things to yourself
- 57. Visualize yourself winning
- 58. Develop a strong sense of humor
- 59. Walk in the rain
- 60. Soak in a bubble bath

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STRESS RELIEF TIPS FOR BUSY PEOPLE...

- 61. Schedule play time into every day
- 62. Find a motivating song and play it when you need a "lift"
- 63. Have a "plan B"
- 64. Listen more and talk less you'll learn more
- 65. Put bottled water and healthy snacks in your vehicle
- 66. Be sure to have great music CDs in your car to help with your commute
- 67. Take an afternoon off
- 68. Take a day trip
- 69. Take a week-long trip
- 70. Play tourist in your own home town
- 71. Play a board game with children
- 72. Play hide and go seek with children or adults
- 73. Look for heart-shaped rocks
- 74. Play a game with balls
- 75. Grab your camera and take shots wherever you go
- 76. Grab a sketchbook and draw (no one needs to see the work)
- 77. Write poetry in your own new style
- 78. Rent movies and have a movie festival weekend
- 79. Spend a day reading and napping on the couch or on a blanket outside
- 80. Research into other careers online
- 81. Take a mini course over the weekend
- 82. Buy something fun and frivolous
- 83. Sip on a yummy coffee at a bistro
- 84. Spend time with a long-lost friend
- 85. Bake cookies and let the aroma fill your home
- 86. Buy a new CD, listen to it in your car and have the windows open
- 87. Ride a horse
- 88. Swim in a river, lake, ocean, swimming pool
- 89. See something funny a comedienne, funny movie, etc.
- 90. "Unplug" turn off the phone, cell phone, laptop and do 'nothing'

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STRESS RELIEF TIPS FOR BUSY PEOPLE...

- 91. Start a savings account for "fun" things
- 92. Try something that scares you (ex. Bungee jumping, river-rafting, etc.)
- 93. Take a new route to work
- 94. Turn on your favorite song and sing at the top of your lungs
- 95. Write down five favorite activities you did when you were nine years-old (do one this week)
- 96. Take a hobby and add 30 more minutes to it per week (at least)
- 97. Sleep outdoors
- 98. Have a savings account for your long-range goals
- 99. Smile at strangers and watch their reactions
- 100. Do something nice for someone without them knowing it's you

NOTE:

If you practice one or two of these fun 'escapes' every day for at least 30 days straight, you'll experience less stress and more success!

Check out more valuable information below...

ABOUT LISA RICKWOOD

Lisa Rickwood's Short Bio:



<u>Lisa Rickwood</u>, BFA, CPCC, GCDP, is an author, speaker, certified coach, career development practitioner and has a degree in visual art. She currently helps people seeking new careers and jobs find suitable employment. She also helped her husband manage a high-end store for over 11 years and specializes in helping executives and entrepreneurs discover 'creative inspiration for their freedom, fun and fulfillment.'

Lisa is the author of: **Escape the Pace** and co-author of **Power & Soul**.

She has been an authority on stress reduction tips to such publications as: *Woman's World* and numerous online and offline media sources.