



## 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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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



## 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’



## **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:



[Lisa Rickwood](#), 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.