

STOP STRESS BEFORE IT MAKES YOU *CRAZY!*

These are important to do in times of stress:

- **Meditate**
- **Spend time in solitude**
- **Find the support of caring friends**
- **Reflect on the fact that you are not in control**

Here are some additional suggestions:

- **Tear up some paper into little pieces (preferably unimportant)**
- **Exercise: walk, run, bike, swim, lift weights, etc.**
- **Call your family and friends over for a pity party; everyone shares**
- **Go for a long walk in a quiet, scenic location**
- **Go bowling and enjoy the sound of the ball crashing into the pins**
- **Have a good cry once in awhile**
- **Let yourself become more organized and then do it**
- **Make a list of ways to simplify your life**
- **Make your work environment more comfortable**
- **Practice muscle relaxation techniques**
- **Move to Hawaii and start a new life selling beads on the beach**
- **See a movie or watch TV for an hour**
- **Play a video game that smashes things or blows up inanimate objects**
- **Turn off the TV for an hour**
- **Take a few deep breaths and let out a good, loud sigh**
- **Ask someone safe for a hug**
- **Treat yourself (and maybe family or friends) to some ice cream**
- **Visit a tanning bed on a cold winter day**
- **In traffic, squeeze the steering wheel hard as you can and release it**
- **Yell at something inanimate, like computer, TV, or life-size picture of your boss**
- **Add the following to your daily to-do list so you can check it off at the end of the day: sleep, eat, breathe, get dressed, use the bathroom**

And last, but not least: Rate your source of stress on a scale of 1 (choosing white or wheat bread) to 10 (being on a sinking ship in shark-infested waters). If the situation is less than five, ask yourself,

"Am I going to care about the outcome of this in five years?"