

# Some Simple Ways to Relieve Some Stress

(Add your own favorites at the end)

Watch a sunrise	Listen to a cat purring	Go barefoot
Sing a song	Go to the beach	Whistle
Hike in the woods	Blow bubbles	Focus on the positive
Give a hug	Ask for help	Tell a joke
Listen to music	Take a walk	Paddle a canoe
Dance	Meditate	Play with a dog
Have a cup of tea	Complete something	Lie in the sunshine
Take a break	Play with a child	Talk to a friend
Throw a ball	Hum a tune	Take a deep breath
Keep a journal	Play a drum	Write a poem
Get up early	Prioritize	Practice practice
Stroke a pet	Read some fiction	Do Tai Chi
Lend a hand	Have an idle chat	Sit still
Plant a flower	Indulge a “guilty pleasure”	See a movie
Get a massage	Watch fish swim	Set limits
Play a sport	Say “No”	Paint a picture
Walk in the rain	Take a country drive	Enjoy a reverie
Take a bubble bath	Go to bed on time	Walk a labyrinth
Ask for what you need	Make love	Write a letter
Watch a fire or candle burn	Stretch	Take a nap
Give a compliment	Smile	Feed birds and squirrels
Take some photos	Sleep in	Pull some weeds
Make a list	Clean something	Run in the park
Say a prayer	Arrange flowers	Eat some chocolate
Tell a story	Do a puzzle	Practice kindness
Focus on your senses	Laugh out loud	Watch a sunset

(Adapted by Lisa D. Butler, Ph.D. from materials retrieved  
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