

Healthy Stress Relievers & ways to cope

prayer
meditation
trust in God
help others
play, have fun
count your blessings
keep your sense of humor
be with people who love you
listen to music
exercise, run, walk, work out
practice muscle relaxation
eat well
write in a journal or diary
avoid or cut back caffeine & sugar
be good to yourself
practice deep breathing
be more patient with yourself
assert yourself
use visualization
communicate
stretch
give yourself free time
give yourself space
have realistic goals
live one day, one moment @ a time
develop optimistic outlook
examine your priorities
deal with your feelings
avoid procrastination
practice forgiveness
practice acceptance
get enough rest
write poetry or other creative outlet
read
try something new
simplify your life
become more flexible
examine your lifestyle
manage your schedule
keep everything in perspective