

25 Ways To Reduce Stress

you can keep stress from building up inside you by employing stress reduction techniques on a daily basis. Try these strategies to help keep your stress at bay.



- ☐ Share a meal with those you love
- ☐ Take some deep breaths
- ☐ Walk
- ☐ Sing out loud
- ☐ Lay down
- ☐ have a good cry if you feel like you need to
- ☐ Ask your kids about their day
- ☐ Take a break from your challenges
- ☐ Go out for an evening with your partner or friends
- ☐ Get out into nature
- ☐ Listen to music
- ☐ Let it go
- ☐ Go to the gym to workout
- ☐ Give yourself a break. Remind yourself that nobody's perfect
- ☐ Talk to someone about your stress
- ☐ Exercise with a DVD
- ☐ Journal your feelings

- ☐ Get lost in a good book
- ☐ Watch your favorite comedy on tv or rent a funny movie
- ☐ Call a relative
- ☐ Call a counselor
- ☐ Go to the movies with friends
- ☐ Play with your kids
- ☐ Cook something
- ☐ Use visual imagery to watch your stress drain from your body or float up, up and away

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