

Ways to Cope With Stress

Work Stress

Take deep breaths.
Do one thing at a time.
Encourage work-related stress management.
Eliminate meaningless deadlines.
Leave a cushion of time between events.
Try not to work with impatience.
Don't be the martyr.
Tell people what you expect of them.
Keep meetings short and sweet.
Stop and think.
Make the "I'm running late" phone call.
Maintain your presence of mind.
Don't be driven to Internet distraction.
Stand up and stretch.
Don't let your backlog of projects get you down.
Be a team player.
Stop beating up on yourself.
Eliminate stress-induced writer's block.
Don't let unhealthy job stress persist.
Don't become addicted to your work.
Chip away at projects with long lead times.
Delegate.
Rotate working on different projects.
Be an advocate for stress-free living.
Limit your personal business at work.
Don't seek success on the failure of others.
Forget about deadlines. How about startlines?
Don't trust yourself when you're upset.
Be a good gear switcher.
Don't take sides when it doesn't concern you.
Find your rhythm each day.
Take frequent breaks.
Create your own confidence.
Leave personal politics out of the office.
Take it to the next level.
Don't let others waste your time.
Don't compromise your principles at work.
Do what needs to be done first...first.

Rushing-Around Stress

Take deep breaths.
Always view yourself as ahead, not behind.
Don't over-volunteer.
Don't look at your crazed schedule in its entirety.
Be on time.
Be a slug one day a week.
Don't wear your stress like a badge.
Never sacrifice safety for expediency.
Don't be goaded into making hasty decisions.
Don't be a rushed and restless driver.
Don't let rushing be your default response.
Prepare for tomorrow tonight.
Don't be rushed by people behind you.
Don't let others donate your services for you.
Eliminate excessive and superfluous activities.
Don't become addicted to instant gratification.
Slow your perception of time.
Don't let outside pressures run your life.

Be prepared.
If every morning is a mad dash...get up earlier!
Do things off-peak.
Is stress making you a klutz?
Sometimes you have to slip into low gear.
Make waiting worthwhile.

Parenting Stress

Take deep breaths.
One sport per child per season.
If your kids can't play nicely, separate them.
Don't let the media bring up your kids.
Play with the kids as soon as you get home.
Put the kids to work.
Have at least one meal a day as a family.
Don't groom your kids for a life of stress.
Cut your teens some slack.
Call in your kids'...orders before you arrive.
Boil your kids' choice down to either/or.
Parenting shouldn't be a guilt trip.
Discipline rationally, not angrily.

Relationship Stress

Take deep breaths.
Don't sweat it if you don't click with someone.
Don't let your marriage become a lifelong feud.
Stop trying to change people.
Empathize.
Give a gift when there's no reason to.
Take care of your people problems first.
Readily give out and receive hugs.
Set aside time for each other.
Beware of one-sided relationships.
Put affection back into your relationship.
Have more fun in bed.
Spend more one-on-one time with loved ones.

Mental Stress

Take deep breaths.
Don't feed a foul mood.
Accept that life can be awkward at times.
Confront your real hidden motives.
Channel your anger into productive energy.
Don't leave yourself in the dark.
Change your thinking patterns.
Maintain your presence of mind.
Meditate.
Don't be so thin-skinned.
Get it off your chest immediately.
See the humor in things.
Don't let stress play havoc with your memory.
If you think stress, you'll live stress.
Work at being patient.
Know when to terminate an encounter.
Reject rejection.
Beware the stress of envy.
Beware the stress of euphoria.
Seek professional help for major problems.
Don't fret over looming stressful events.

Ways to Cope With Stress

Don't act out confrontations in your head.
Tough out the stress of big transitions.
Develop mental toughness.
Don't worry until...something to worry about.
Visualize.
You can't say it, but you can think it!
Take advantage of the cooling off period.
Have a sanctuary.
Light up your life.
Your mood reflects back on you.
Don't over-think it.
Carve out time for yourself each day.

Health-Related Stress

Take deep breaths.
Take every opportunity to walk.
Get into shape.
Improve your posture.
Eat a healthy breakfast.
Don't let unhealthy job stress persist.
Nurture your feet.
Don't lose sleep over losing sleep.
Don't deny yourself the benefits of massage.
Be aware of what stress is doing to you.
Pump some iron.
Drink plenty of water.
Get a yearly physical...regularly.
Don't squander energy on stress?
Get the amount of sleep you need.

Household Stress

Take deep breaths.
Throw something out every day.
Have backups of essential items in place.
Know when to go with a pro.
Keep like things in like places.
Clean out your closet.
Complete those half-finished projects.
Take 10 minutes a day to neaten up.
Use the proper tools.
Note where you set things down.
Give your house a breath of fresh air.
Wash a window today.
Don't have a stroke trying to open a package.
Store things out of the way.
Create a mudroom.
Get organized.
If it's broke, fix it.
Have ample space for things.

Travel Stress

Take deep breaths.
Don't overload your travel itinerary.
Take the back roads.
Leave yourself an extra day at the end of vacation.

Ready yourself for bad drivers on the road.
If you don't need to check luggage...don't.
Always have a trip planned.
Go biking.

Financial Stress

Take deep breaths.
It ain't over until the check clears.
View paying bills as a positive experience.
Try not to attach money to self-worth.
Don't pay for everything twice.
Create and work a plan to make more money.
Never be embarrassed at having to scale back.
Don't feel guilty when you can't always give.
Don't live and die with the financial markets.
Don't stress when it comes to tipping?
More than ever, read the fine print.

Student Stress

Take deep breaths.
Do one thing at a time.
Work before play.
Don't be driven to Internet distraction.
Eat a healthy breakfast.
Chip away at projects with long lead times.
Study in shorter, more frequent intervals.
Rotate working on different projects.
Don't let others waste your time.
Get organized.
Do what needs to be done first...first.

Shopping Stress

Take deep breaths.
Don't flip out choosing something.
Don't equate saving with buying things on sale.
Don't get hung up on product features.
Develop a gift ear.
Tell the salesperson you're shopping around.
Minimize the stress of buying a car.
Learn from your ill-fated past purchases.
Start your holiday shopping early.
Don't pay for everything twice.
Don't be a victim of the rebate runaround.
Buy a car for its safety and dependability first.
Always have a list when you go food shopping.
Do more shopping online.
Don't buy what you really don't need.
Don't buy what you already have.
Get off the upgrade treadmill.
Research your purchases.

Food-Related Stress

Take deep breaths.
Avoid eating as a response to stress.
Read ingredient and nutrition labels.
Don't eat it if you don't want it.

Ways to Cope With Stress

Cooking is a microcosm of life.
Cook enough for several meals.
Eat a healthy breakfast.
Eat fresh.
Eat outdoors.
Don't operate on an empty stomach.
Don't be a short order cook.
Dine by candlelight.
Kick the sugar habit.
Relax to the aroma of home cooking.
Eat slowly.
Don't overbuy perishable foods.

Entertaining Stress

Take deep breaths.
Have small, intimate get-togethers.
Keep your dinner guests out of the kitchen.
Expect people to cancel out on you.
Invite someone over for coffee.
Don't always feel you have to reciprocate.
Entertaining is supposed to be fun, remember?
Don't give out knee-jerk invitations.
Keep the menu simple.

Communication Stress

Take deep breaths.
Don't fall victim to a chronic talker.
Speak up.
Run through it again.
Speak clearly and deliberately.
Don't be sucked in by euphemistic language.
Be careful what you say in when stressed.
Lose that jarring morning alarm.
Don't talk so fast.
Don't stress over what to say.
Don't be a gossip. (Or an eager listener of it.)
Eliminate stress-induced writer's block.
Write down infrequently used procedures.
Don't give out your fax number or email address.
Jot down your questions.
Improve your vocabulary.
Learn to listen.
Write it down immediately.
Make sure your cell phone is not a stress zone.

Recreational Stress Relievers

Take deep breaths.
Find a diverting pastime.
Escape to a movie.
Sing along with a musical instrument.
Get out and socialize.
Be a slug one day a week.
Do you stress out in social situations?
Get a pet.
Create a garden.
Become a fan.

Spend time near the water.
Be a kid again.
Engage in a sport.
Dance.
Listen to music that will soothe your soul.
Release your stress through creative expression.
Don't live your life through a camera lens.
Get lost.
Eat outdoors.
Rent a funny movie tonight.
Spend more time outdoors.
Be your own best pal.
Schedule things now you can enjoy later on.
Have a night out with the guys...or girls.
Take no nonsense from surly food servers.
Go biking.
Set up a stress relief fund.
Inject more of the arts into your life.

Reversing Stressful Habits

Take deep breaths.
Steer clear of negative people.
Work changes into your life gradually.
Cut down on competitive stress.
It's not what happens to you, it's how you react.
Be the director of your own life.
Don't carry the world upon your shoulders.
Don't say it, do it.
Adjust your clothes to the ambient temperature.
Don't be a slave to your image.
Turn off the music once in a while.
Draw on your bank of memories.
Don't delay your happiness.
Don't try to know everything.
Ask what's involved.
Toss around radical changes in your mind.
Don't wait for someone else to take care of it.
Don't expect gratitude.
Don't expect justice.
Do menial things ordinarily done for you.
Smile at people.
Don't rely on litigation.
Beat the heat.
An ego is the hardest thing to maintain.
Live proactively, not reactively.
Do more things live.
Change your thinking patterns.
Don't let advertisers make you feel inadequate.
Don't assume others don't have problems.
Give back.
Try to be positive for an entire day.
Acknowledge your good fortune, too.
Get more out of life by doing less.
Don't assume the responsibilities of others.
Don't get all worked up over little things.

Ways to Cope With Stress

Work on your weaknesses.
Don't be reluctant to take a contrary position.
Tell them you'll get back to them.
Don't be so thin-skinned.
Hang out with calm people.
Cancel that last chore of the night.
Don't let stress make you an ogre.
If you don't like something, change it.
Avoid the stress of monotony.
Ease up. You don't have to be perfect.
Observe other people under stress.
Observe yourself.
Learn how to swim upstream.
Don't let timesaving devices steal your time.
Take a tech holiday.
Be honest.
Protest with your pocketbook.
Dress down.
Don't deny yourself occasional "sprawl" time.
Ask for help.
Being a good person doesn't mean being a chump.
Be focused, but not fixated.
Stop trying to find meaning in everything.
It's okay to change your mind.
Don't let others leave you in limbo.
Just listen to yourself.
Don't drive while distracted.
Open your mind to new things.
Judge what they say, not what they do.
Work at what you love.
Don't tolerate being shouted at.
Are you suffering from "indecisionitis"?
Look beyond appearances to find good in people.
Remember: you're one in 7 billion.
Let answers unfold.
Be a proponent of civility.
Be aware of your surroundings.
Who cares what they say?
Know the right time to bring up an issue.
Don't dwell on your discomforts.
Don't deliver ultimatums.
Don't be a sucker for "I'm sorry."
Take naps.
Get over it.
Don't feel guilty losing touch with people.
Don't always feel you have to be doing something.
Get all the facts first.
Don't try to replicate past events.
Bored? Shake up your routine.
Be persistent.
Recognize when you've attained "enough."
Confirm your appointments.
Don't use your busyness to justify bad habits.

Whenever you're feeling the stressed-out victim...
Live for today with an eye for tomorrow.
Are you uncomfortable with calmness?
Things to chuckle over, rather than stress over.
Build in the expectation of malfunctions.
Expect it to take longer and cost more.
Be careful whom you confide in.
More things to chuckle over than stress over.
Open the closed doors of your life.
Every moment is an opportunity.
Don't be so dismissive.
Get organized.
Don't be over-organized.
When you hit an obstacle, go around it.
The best defense is a good offense.
Don't put off that difficult phone call.
If someone isn't interested, let it go.
Refuse to be strung along...
Don't let one ruin it for all.
You've got enough stress. Don't go asking for it.
You needn't associate with people you don't like.
How long must you endure a bad choice?
Don't be small.
Be optimistic...as long as it's realistic.
Know what you want.
Rough day? Latch onto a plus and don't let go.
Put the holidays back into focus.
Learn how to say "no."
Wear clothes that make you feel good.
It's never too late.
Repeat as directed.
Take stock.
Put time to work for you.
Be more forgiving of people.
Don't be so self-conscious.
Don't pay before the work is completed.
Don't view life as cyclical.
Stop worrying about your age.
Take responsibility for your own life.