

70 Great **STRESS BUSTERS**

Make Lists • **Take A Deep Breath**
• Exercise • Sing a Song • Eat Right • Call a Friend
• Laugh at Yourself • Ask Others to Help • Smile
• Set Realistic Goals • Take Breaks • Prioritize
Tasks • Delegate Work • Avoid Clutter • Use Proper
Lighting • Have a Hobby • Keep Noise Down
• Talk Things Out • Visualize a Peaceful
Scene • Learn to Relax • Budget Time and
Money • **Take A Deep Breath** • Plant a
Garden • Massage Tense Muscles • Reward
Yourself • Go Out to Lunch • Meditate
• Set Limits • Think Positively • Count to 10
• Enjoy Small Pleasures • Avoid Junk Food
• Practice Teamwork • Believe in Others • Believe
in Yourself • Confront Your Feelings • Be Kind
• Cry if Necessary • **Take A Deep
Breath** • Remember: Time Heals • Get Regular
Checkups • Take a Walk • Get Organized • Do Neck
Rolls • Avoid Dangerous Drugs • Be Flexible
• Stretch Often • Control Your Weight • Avoid
Distractions • Set Reasonable Deadlines • Don't
Sweat the Small Stuff • Learn to Say "No" • Forgive
and Forget • Use the Right Tools • Don't
Procrastinate • Reflect on Your Joys • Encourage
Others • Get Up Earlier • Break Up Monotony
• **Take A Deep Breath** • See Problems
as Challenges • Stop and Smell the Roses • Love
Others • Love Yourself • Avoid Unnecessary
Meetings • Screen Your Calls • Never Drink
and Drive • Give Hugs • Seek Out Positive
People • Be Faithful • Read Good Books
• Remember Your Triumphs • Laugh Often
Take A Deep Breath

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