



Take Control of your Stress

You could also be sitting on top of the world by taking the time to complete a couple of fun stress reducing activities over the course of a month. You can learn new and creative ways to make your life more enjoyable.

Complete 20 stress reducing activities in one month. You may choose to do an activity more than once. Upon completion of the activity, check it off to see the steps you have taken to control your stress.

- Get up 10 minutes early to plan your day
- Clear your desk of unnecessary clutter
- Clean out and organize a closet at home
- Watch a funny or uplifting movie or TV show with family or friends
- Call an old friend and just talk
- Think about the good changes in your life and write them down
- Review your monthly budget and decide what needs to be changed
- Balance your checkbook
- Take a few deep breaths when you feel angry or overwhelmed
- Say something positive when someone annoys you to change your response
- Take three 5 minute time outs when you feel frustrated
- Look at things from another perspective when faced with a tough situation
- Get 7-8 hours of sleep tonight
- Spend time enjoying a relaxing hobby or sport
- Find and tell a funny joke to someone
- Review what you are thankful for while taking a 15 minute walk
- Take 10 minutes to relax in a quiet place
- Do whatever floats your boat...something just for you