

Stress Reducers

Here are 42 proven ways to reduce stress in your everyday life:

1. Get up 15 minutes earlier in the morning. The inevitable morning mishaps will be less stress
2. Prepare for the morning the evening before.
3. Plan ahead.
4. Have realistic expectations of people.
5. Try a new food
6. Ask questions. Take time to get clarification about what someone expects of you.
7. Listen to music
8. Get enough sleep.
9. Write your thoughts and feelings about your day down in a journal.
10. Learn to live one day at a time.
11. Exercise .
12. Take a hot bath or shower.
13. Do something nice for someone else.
14. Focus on understanding rather than being understood.
15. Schedule a realistic day. Avoid tendency to schedule back-to-back appointments.
16. Become more flexible. Sometimes it is okay to compromise. Choose battles wisely.
17. Eliminate destructive self-talk.
18. Start a new hobby.
19. Read a book.
20. Window shop.
21. Go to the park.
22. Do not rely on your memory. Write down appointment times, class assignments, etc.
23. Cut your cell phone off and enjoy the quiet and being by yourself.
24. Watch a funny movie.
25. Do one thing at a time.
26. Use your weekend as a change of pace. Take time to escape from thinking about school and be spontaneous on the weekend.
27. Clean.
28. Take a ride in the car.
29. Have a forgiving view of people and events. Accept that we live in an imperfect world .
30. Watch a sunset.
31. Take a lunch break everyday. It is important to get away from the daily schedule to relax.
32. Watch a sunrise.
33. Play with a pet.
34. Procrastination is stressful. Whatever you want to do tomorrow, do today if possible.
35. Work on a puzzle.
36. Play in the rain.
37. Take deep breathes.
38. Get up and stretch periodically.
39. Place yourself in environments that cause limited stress.
41. Eliminate or restrict the amount of caffeine in your diet.
42. Be an optimist. Believe that most people in the world are doing the best they can.

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