

De-Stressor List -- Create Your Own Stress Relief Toolbox

Adapted from Susan Ozimkiewicz, by Laura M. Brotherson, MS, MFT

Life is full of many stressors. Various coping strategies are needed to reduce the impact of stress. Sometimes it takes a little practice to put these practices into play. But once you do so, you may be pleasantly surprised at the positive benefits you'll receive. The following may provide some helpful tools for you to utilize for your own stress relief.

1. Sit down, breathe slow and deeply, as you feel your feet on the floor. Do this for a few minutes.
2. Tense and relax your muscles: make a tight fist then open your hand, raise your shoulders and hold them for a moment then drop them, scrunch up your face then let it relax.
3. Meditate using the method that works best for you such as a walking meditation, guided imagery, or just simply tracking your breath as it flows in and out.
4. Enjoy your favorite smells, such as smelling flowers, using of aroma therapy, or candles.
5. Exercise regularly by walking, running, hiking, yoga, swimming, or taking a Zumba class.
6. Journal therapy is a great way to write about and release your stresses.
7. Give up the practice of avoidance and instead talk to someone about the issues you are facing.
8. Prioritize. Make lists of what is really needed to be done vs. nonessential tasks.
9. Drink a warm herbal tea rather than stimulants (i.e. coffee, sugar or caffeinated drinks).
10. Paint, draw, sing, do a hobby--anything that lets you relax and be creative.
11. Sometimes just say "no" and set limits on the expenditure of your energy and time.
12. Sleep well, take naps, replenish yourself.
13. Laugh more, see the humor, and smile often. Watch a funny movie.
14. Listen to poetry, music, or opera. It can be good for the soul.
15. Do something that you consider spiritual that gives you a feeling of closeness to the divine.
16. Look for and see beauty more often.
17. Find your passion! What is it that captures your love and creative potential?
18. Enjoy your life.