

A list of 34 Stress Reducers <http://www.slaaonline.org/tools/stress.php>

- 1 **Pray.**
- 2 Go to bed on time.
- 3 **Get up on time so you can start the day unrushed.**
- 4 Say “no” to projects that won’t fit into your time schedule or that will compromise your mental health.
- 5 **Delegate tasks to capable others.**
- 6 Simplify and unclutter your life.
- 7 **Less is more. (Although one is often not enough, two are often too many.)**
- 8 Allow extra time to do things and to get to places.
- 9 **Pace yourself. Spread out big changes and difficult projects over time; don’t lump the hard things all together.**
- 10 Take one day at a time.
- 11 **Separate worries from concerns. If a situation is a concern, find out what HP would have you to do and let go of the anxiety. If you can’t do anything about a situation, forget it.**
- 12 Live within your budget; don’t use credit cards for ordinary purchases.
- 13 **Have backups; an extra car key in your wallet, an extra house key buried in the garden, extra stamps, etc.**
- 14 K.M.S. (Keep Mouth Shut.) This single piece of advice can prevent an enormous amount of trouble.
- 15 **Do something for the “Kid in You” everyday.**
- 16 Carry recovery materials (or spiritual text) with you to read while waiting in line.
- 17 **Get enough exercise.**
- 18 Eat right.
- 19 **Get organized so everything has its place.**
- 20 Listen to a spiritual tape while driving that can help improve your quality of life.
- 21 **Write thoughts and inspirations down.**
- 22 Everyday, find time to be alone.
- 23 **Having problems? Talk to HP on the spot. Try to nip small problems in the bud. Don’t wait until it’s time to go to bed to try and pray.**
- 24 Make friends with healthy people.
- 25 **Keep a folder of favorite readings/verses/reflections on hand.** Remember that the shortest bridge between despair and hope is often a good “Thank you, HP!” **Laugh.**
- 26 Laugh some more!
- 27 **Take your work seriously, but yourself, not at all.**
- 28 Develop a forgiving attitude (most people are doing the best they can).
- 29 **Be kind to unkind people (they probably need it the most).**
- 30 Sit on your ego.
- 31 **Talk less; listen more.**
- 32 Slow down.
- 33 **Remind yourself that you are NOT the general manager of the universe.**
- 34 Every night before bed, think of one thing you’re grateful for that you’ve never been grateful for before.

