

101 Strategies for Coping with Stress

1. Begin living now
2. Stop living in the future/past
3. Stop asking to be rescued
4. Stop waiting *until* and marking time
5. Write a journal of your daily activities, thoughts and moods
6. List your successes
7. Listen to feedback from others
8. Set goals realistically
9. Make friends with people who like themselves
10. Think positively

11. Learn what is controllable in your life and what isn't
12. Enjoy leisure
13. Be honest about how you feel
14. Express yourself
15. Meditate daily
16. Read about human growth
17. Pretend you're a perfect parent to yourself
18. Figure out ways to achieve your goals
19. Take a continuing education course
20. Stop collecting people with problems

21. Stop rescuing people
22. Learn to accept what you cannot change
23. Give yourself positive strokes
24. Surface your feelings
25. Practice self-expression
26. Let other people run their own lives
27. Think to solve problems rather than depending on "magical powers"
28. Get acquainted with happy, successful people
29. Expect to enjoy your relationships
30. Develop your personal talents

31. Give yourself permission to be afraid of failure and succeed
32. Experiment with your behaviors
33. Stop feeling sorry for yourself
34. Relax
35. Get enough rest
36. Stop talking about your miseries
37. Stop looking for someone else to blame
38. Stop reflecting on things that didn't work out
39. Analyze problems, figure out what can be done, and then take some action now
40. Exercise regularly

41. Ask for help in a straight forward way
42. Talk about your strengths
43. Encourage others to feel good
44. Practice good posture
45. Control your food input, eat nutritionally
46. Stop assuming others can't get along without you
47. Dress in a way that feels right for you
48. Get involved with friends
49. Share yourself with friends and significant others
50. Stop using self-defeating ways to feel satisfied

51. Stop feeling good only when doing for others
52. Start sharing responsibilities
53. Listen to people
54. Start *really* caring about people
55. Seek out good friends
56. Compromise occasionally
57. Make decisions
58. Stop being always available for running errands
59. Give people a break
60. Take a chance...risk

61. Let go of what is lost
62. Stop being in the wrong place at the wrong time
63. Encourage gentleness in yourself and others
64. Play
65. Face life with dignity
66. See people as individuals
67. Protect yourself from unsafe situations
68. Do something exciting
69. Organize your work, focus on one task at a time
70. Take some time off

71. Go more frequently where you will get what is good for you
72. Practice being alert
73. Listen to the sound of your own voice
74. Enjoy being paid well for good work
75. Take a nap
76. Stop letting things drift
77. Make your living environment comfortable
78. Take vacations
79. Develop a varied life
80. Spend time alone

81. Redecorate your home
82. Ask for positive strokes
83. Face painful questions squarely
84. Get a medical checkup
85. Get into loose fitting clothes at home
86. Dance
87. Sing
88. Keep your body clean
89. Get and give a massage
90. Avoid excessive noise

91. Engage in religious activity
92. Redefine your priorities
93. Learn from children
94. Find out what you seem to be good at and enjoy doing it
95. Stop letting people push you around
96. Do something you'd really like to do for yourself
97. Take some steps to straighten out a problem in your life right now
98. Learn to ask for what you want
99. Use positive imagery – picture yourself stress free
100. Learn the benefits of laughter
101. Learn and practice deep breathing techniques