



20 Proven Stress Reducers



1. Get up fifteen minutes earlier in the morning. The inevitable morning mishaps will be less stressful.	11. Create order out of chaos. Organize your home and workspace so that you always know exactly where things are. Put things away where they belong and you won't have to go through the stress of losing things..
2. Don't rely on your memory. Write down appointment times, when to pick up the laundry, when library books are due, etc. Write everything in one place, and remember to look back and use your notes. ("The palest ink is better than the most retentive memory." -Old Chinese Proverb)	12. Add an ounce of love to everything you do.
3. Procrastination is stressful. Whatever you want to do tomorrow, do it today; whatever you want to do today, do it now.	13. Become more flexible. Some things are not worth doing perfectly. Be willing to compromise.
4. Plan ahead. Don't let the gas tank get below one quarter full. Keep a well-stocked "emergency shelf" of home staples. Don't wait until you're down to your last bus token or postage stamp to buy more.	14. Eliminate destructive self-talk: "I'm too old to..."
5. Don't put up with something that doesn't work right. If your alarm clock, wallet, shoe laces, or windshield wipers need repair, get them fixed or get new ones. Don't let them be a constant source of aggravation.	15. "Worry about the pennies and the dollars will take care of themselves..." That is another way of saying: take care of today as best you can and yesterday and tomorrow will take care of themselves.
6. Be prepared to wait. A paperback can make a wait in a post office line almost pleasant.	16. Do one thing at a time. When you are with someone, be with that person and with no one or nothing else. When you are busy with a project, concentrate on doing that project and forget about everything else you have to do.
7. Pollyanna-Power! For every one thing that goes wrong, there are probably 10 to 50 or 100 blessings. Count them!	17. If an especially "unpleasant" task faces you, do it early in the day and get it over with. Then the rest of the day will be free of anxiety.
8. Turn "needs" into preferences. Our basic physical needs translate into food, water, and keeping warm. Everything else is a preference. Don't get attached to preferences.	18. Learn to delegate responsibility to capable people.
9. Simplify, simplify, simplify!	19. Forget about counting to 10. Count to 1000 before doing something or saying anything that could make matters worse.
10. Make friends with non-worriers. Nothing can get you into the habit of worrying faster than associating with chronic worry-wards.	20. Have a forgiving view of events and people. Accept the fact that we live in an imperfect world.

Source: Institute of Heart Research

