

Stress reduction techniques

There is no one right solution for stress management. What works for one person may not work for another. Listed below are many different strategies that may work for you. You can add your own ideas to the list, too. Try a few and see what works best!

- Take a break.
- Count to ten.
- Talk to someone.
- Do something different.
- Cut an activity out of your day.
- Make time to do something you enjoy each day.
- Practice mindfulness.
- Take deep breaths.
- Listen to music.
- Get some physical activity.
- Find a hobby.
- Write down your thoughts and feelings.
- Take one step at a time.
- Encourage yourself.
- Do something creative, such as writing, painting, drawing, etc.
- Eat healthy foods.
- Eat regular meals and snacks.
- Cuddle with your pet.
- Walk your dog.
- Get outside.
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