

101 Simple Ideas To Reduce Stress & Live Better!



1. Take care of your HEALTH. It is vital.
2. Focus on what you DO have control over, not what you don't.
3. CREATE moments of CELEBRATION!
4. Become the most POSITIVE PERSON you know!
5. Find a way to CONTRIBUTE to the world around you!
6. KNOW that you can CHANGE THE WORLD with your presence!
7. GIVE at least one hug per day (even a stranger).
8. RECEIVE at least one hug every day.
9. DELEGATE!
10. Get more SLEEP!
11. Exercise every day ~ a simple 30 minute walk.
12. PLAY with your kids more.
13. Play EVERY DAY.
14. LAUGH more – read funny stories, watch funny movies, and laugh for no reason.
15. BREATHE!
16. SLOW DOWN when you drive.
17. Leave 5 minutes EARLY.
18. Take time to REJUVINATE yourself – have a bath, sit and listen to music, whatever you need...
19. Visit with a FRIEND.
20. Sit at the kitchen table and really TALK with your partner or kids about their day and be fully present.
21. EAT BETTER.
22. Watch what you are putting into your MIND. What are you reading, watching & thinking?
23. MEDITATE.
24. Drink more WATER.
25. Drink even MORE water.
26. Schedule a day just for YOU once/month to do something joyful.
27. Make a “TO DO LIST” so you can get your thoughts on paper and out of your mind.
28. DE-CLUTTER your environment.
29. Have a GARAGE SALE for all the stuff you don't need/want or give it away to charity.
30. Ask yourself, “WILL THIS MATTER IN ONE YEAR FROM NOW?”
31. Stop PROCRASTINATING and just do it!
32. Go get a MEDICAL check-up.
33. Do SOMETHING you have never done before but have always wanted to do.
34. Ask for HELP.
35. Listen to MUSIC.
36. Take ACTION! Worry and stress often result when we feel we are powerless. Take action in some way to empower yourself.
37. Try to think only POSITIVE thoughts – get an elastic band or something to put on your wrist to remind you of this objective.
38. Stay away from people who bring you down and suck your energy.
39. Say NO more often!
40. Find a HOBBY.
41. Do something NICE for someone else without expecting anything in return.
42. Put inspiring MUSIC or an audio program in the car so you don't get impatient during traffic jams.
43. Put yourself FIRST!
44. Find a cause you gravitate towards and give of your time and skills – VOLUNTEER.
45. Adopt a child in another country through a reliable charity – it's only a dollar a day.
46. Find the GOOD in any situation. Truthfully, it could be worse.
47. Pay attention to your SELF TALK, thoughts and mental conversations.
48. Go for a hike or WALK.
49. GET OUTSIDE even for 5 minutes.
50. Keep a JOURNAL. If your life is worth living, it is worth recording.
51. DAYDREAM.
52. Create a “VISION BOARD” with all your dreams and goals and look at it every day.
53. Take a DOG for a walk at your local pet shelter.
54. RECYCLE – do your part to save the planet.
55. Do the most important things FIRST.
56. Get in touch with an old friend that you've been thinking about.
57. Be RESPONSIBLE for your finances. Create a savings plan and stick to it!
58. Keep a “GRATITUDE BOOK” and write in it every morning – a few things you are grateful for.
59. Every night, before you go to bed, think about the best thing that happened to you today and talk about it with someone or write it down.
60. Smile at a stranger.
61. Practice a random act of kindness.
62. Get CLEAR what really inspires you. What is it that you could spend all day doing and love every moment of it?
63. Make sure you have a good financial advisor, a good doctor and a great friend you can call day or night or when you are in a bind.
64. SMILE some more! The physiological impact is astounding.
65. Get a LIVE BLOOD CELL analysis. It is not expensive and can help with preventative healthcare

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66. DANCE in your kitchen alone or with the one you love!
67. SING! (even if you think you can't)
68. Cultivate positive RELATIONSHIPS and communication.
69. AVOID DRAMA in all situations.
70. Don't GOSSIP.
71. Spend more time with the people that bring you up and less time with people that bring you down.
72. Do some SOUL~SEARCHING and really think about your passion, purpose and dreams. Find a way to get one step closer to them every day.
73. Realize that when we encounter obstacles, they can be the best teacher ~ LEARN from them.
74. Remember that "THIS TOO SHALL PASS".
75. Have FAITH.
76. Try to live in the PRESENT MOMENT. *Some people see more in a walk around the block than others see in a trip around the world.*
77. Look for and find the BEST in others.
78. Sometimes MOTIVATION FOLLOWS ACTION. Get out and put one foot in front of the other, even if you don't have the motivation to do so. The motivation will come once you start.
79. When it comes to motivation, find a group of people to keep you ACCOUNTABLE – in what ever you are wanting to accomplish...and ask them for help when you need it.
80. Look for the JOY in this moment.
81. Remember that YOU ARE LOVED very much
82. Know that YOU MAKE A DIFFERENCE to the people around you!
83. Invite friends over for a POT-LUCK dinner.
84. Learn something NEW...most of our thoughts today are the same ones we had yesterday! Get out there and learn something new!
85. BELIEVE that you can do anything! Most of the barriers we face are in our own minds.
86. CELEBRATE even the smallest moments every day (your moments and the moments of those around you).
87. Look at the BIG PICTURE and try to objectively ask yourself "in 5 years will this really matter" when dealing with difficult situations
88. Make a list of the 3 MOST IMPORTANT THINGS YOU NEED TO DO TOMMORROW before you go to bed tonight. Then do them first thing tomorrow before you do anything else. Repeat this process every day.
89. Look at ways to SIMPLIFY your life
90. Ask friends or hire people to help you do things you cannot do around the house (minor repairs) that you've been meaning to get done
91. Spend less time worrying what other people will think and more time on what you feel
92. Spend less time worrying, in general. Most of what we worry about never happens.
93. When some of those things that we worry about do happen – educate yourself, prepare yourself and equip yourself with the tools you need to deal with it. Worry comes from feeling helpless. If you take action and empower yourself, the worry dissipates.
94. EAT BETTER! Try to cut out things that are bad for you – and replace them with more healthy choices
95. Don't dwell on the past or think about the future. Try to live more and more in the present.
96. Focus on a healthy weight and take steps (literally) to get you there. HEALTH is our #1 priority b/c without it, nothing else matters
97. Take yourself less seriously – LAUGH AT YOURSELF more often
98. Drive with your gas tank at least 1/2 full.
99. Find a mentor! BE A MENTOR
100. CHOOSE YOUR ATTITUDE every day – and aspire to be the most positive person you know
101. Realize that some stress is inevitable but HOW WE DEAL with stress will make the difference.

Please add your ideas:

For more information,
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Thank you.

