









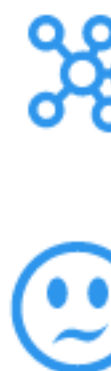





















































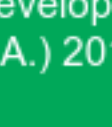


# 101 Ways to Cope with Stress



Courtesy of the Tripler Regional Medical Center, Honolulu, Hawaii  
Infographic made by WRSPC

- 1 Get up 15 minutes earlier 
- 2 Prepare for the morning the night before 
- 3 Avoid tight fitting clothes 
- 4 Avoid relying on chemical aids 
- 5 Set appointments ahead 
- 6 Don't rely on your memory... write it down 
- 7 Practice preventative maintenance 
- 8 Make duplicate keys 
- 9 Say "no" more often 
- 10 Set priorities in your life 
- 11 Avoid negative people 
- 12 Use time wisely 
- 13 Simplify meal times 
- 14 Always make copies of important papers 
- 15 Anticipate your needs 
- 16 Repair anything that doesn't work properly 
- 17 Ask for help with the jobs you dislike 
- 18 Break large tasks into bite size proportions 
- 19 Look at problems as challenges 
- 20 Look at challenges differently 
- 21 Unclutter your life 
- 22 Smile 
- 23 Be prepared for rain 
- 24 Tickle a baby 
- 25 Pet a friendly cat / dog 
- 26 Don't know all the answers 
- 27 Look for a silver lining 
- 28 Say something nice to someone 
- 29 Teach a kid to fly a kite 
- 30 Walk in the rain 
- 31 Schedule a play day every day 
- 32 Take a bubble bath 
- 33 Be aware of the decisions you make 
- 34 Believe in yourself 
- 35 Stop saying negative things to yourself 
- 36 Visualize yourself winning 
- 37 Develop your sense of humour 
- 38 Stop thinking tomorrow will be a better day 
- 39 Have goals for yourself 
- 40 Dance a jig 
- 41 Say "hello" to a stranger 
- 42 Ask a friend for a hug 
- 43 Look up at the stars 
- 44 Practice breathing slowly 
- 45 Learn to whistle a tune 
- 46 Read a poem 
- 47 Listen to a symphony 
- 48 Watch a ballet 
- 49 Read a story curled up in bed 
- 50 Do a brand new thing 
- 51 Stop a bad habit 
- 52 Buy yourself a flower 
- 53 Take time to smell the flowers 
- 54 Find support from others 
- 55 Ask someone to be your "vent" partner 
- 56 Do it today 
- 57 Work on being cheerful and optimistic 
- 58 Put safety first 
- 59 Do everything in moderation 
- 60 Pay attention to your appearance 
- 61 Strive for excellence NOT perfection 
- 62 Stretch your limits a little each day 
- 63 Look at a work of art 
- 64 Hum a jingle 
- 65 Maintain your weight 
- 66 Plant a tree 
- 67 Feed the birds 
- 68 Practice grace under pressure 
- 69 Stand up and stretch 
- 70 Always have a plan "b" 
- 71 Learn a new doodle 
- 72 Memorize a joke 
- 73 Be responsible for your feelings 
- 74 Learn to meet your own needs 
- 75 Become a better listener 
- 76 Know your limitations and let others know them too 
- 77 Tell someone to have a good day in pig Latin 
- 78 Throw a paper airplane 
- 79 Exercise every day 
- 80 Learn the words to a new song 
- 81 Get to work early 
- 82 Clean out your closet 
- 83 Play patty cake with a toddler 
- 84 Go on a picnic 
- 85 Take a different route to work 
- 86 Leave work early (with permission) 
- 87 Put air freshener in your car 
- 88 Watch a movie and eat popcorn 
- 89 Write a letter to a far away friend 
- 90 Go to a ball game and scream 
- 91 Cook a meal and eat it by candlelight 
- 92 Recognize the importance of unconditional love 
- 93 Remember that stress is an attitude 
- 94 Keep a journal 
- 95 Practice a monster smile 
- 96 Remember you always have options 
- 97 Have a support network of people, places, and things 
- 98 Quit trying to fix other people 
- 99 Get enough sleep 
- 100 Talk less and listen more 
- 101 Freely praise other people 

★ Relax, take each day at a time ... you have the rest of your life to live!

Re-printed with Permission by Yvonne Bergmans, BEd, MSW, RSW St Michael's Hospital, Toronto. Developer of the Psychosocial/Psychoeducational Intervention for People with Recurrent Suicide Attempts (P.I.S.A.) 2013.