



10 Proven Stress Reducers!!

1. Get up 15 minutes earlier in the morning. The inevitable morning mishaps will be less stressful.
2. Don't rely on your memory. Write down appointment times, due dates, etc. "The palest ink is better than the most retentive memory." - Old Chinese Proverb
3. Procrastination is stressful. Whatever you want to do tomorrow, do it today. Whatever you want to do today, do it now.
4. Plan ahead. Don't let the gas tank get below one-quarter full. Don't wait until you're down to your last bus token or postage stamps to buy more.
5. Don't put up with something that doesn't work right. If your alarm clock, billfold, shoelaces, windshield wipers, or whatever are a constant aggravation, get them fixed or get new ones.
6. Be prepared to wait. A paperback can make waiting in a post office line almost pleasant.
7. For every one thing that goes wrong, there are probably 10 or 50 or 100 blessings. Count them.
8. Turn needs into preferences. Our basic physical needs translate into food, water, and warmth. Everything else is a preference. Don't get attached to preferences.
9. Simplify, simplify, simplify.
10. Make friends with nonworriers. Nothing can get you into the habit of worrying faster than associating with chronic worrywarts.