101 STRATEGIES FOR COPING WITH STRESS

Begin living now.
Stop living in the future/past.
Stop asking to be rescued.
Stop waiting until and marking time.
Write a journal of your daily activities, thoughts and moods.
List your successes.
Listen to feedback from others.
Set goals realistically.
Make friends with people who like themselves.
Think positively.
Learn what is and what is not controllable in your life.
Enjoy leisure.
Be honest about how you feel.
Express yourself.
Meditate daily.
Read about human growth.
Pretend you're a perfect parent to yourself.
Figure out ways to achieve your goals.
Take a continuing education course.
Stop collecting people with problems.
Stop rescuing people.
Learn to accept what you cannot change.
Stroke yourself.
Surface your feelings.
Practice self-expression.
Let other people run their own lives.
Think to solve problems rather than depending on "magical powers."
Get acquainted with happy, successful people.
Expect to enjoy your relationships.
Develop your personal talents.
Give yourself permission to be afraid of failure and succeed.
Encourage gentleness in yourself and others.
Play.
Face life with dignity.
See people as individuals.
Protect yourself from unsafe situations.
Do something exciting.
Organize your work, focus on one task at a time.
Take some time off.
Go more frequently where you will get what is good for you.
Practice being alert.
Listen to the sound of your voice.
Take a nap.
Stop letting things drift.
Make your environment comfortable.
Take vacations.
Develop a varied life.
Experiment with your behaviors.
Stop feeling sorry for yourself.
Relax.
Get enough rest.
Stop talking about your miseries.
Stop looking for someone to blame.
Stop reflecting on things that didn't work out.
Analyze your issues, figure out what can be done and then take some immediate action.
Exercise regularly.
Ask for help in a straightforward way.
Talk about your strengths.
Encourage others to feel good.
Practice good posture.
Control your food input, eat nutritionally.
Stop assuming others can't along without you.
Dress in a way that feels right for you.
Get involved with friends.
Share yourself with friends and significant others.
Stop using self-defeating ways to feel satisfied.
Stop feeling good only when doing for others.
Start sharing responsibilities.
Listen to people.
Start really caring about people.
Seek out good friends.
Compromise occasionally.
Make decisions.
Stop being always available for running errands.
Give people a break.
Take a chance. . .risk.
Let go of what is lost.
Stop being in the wrong place at the wrong time.
Sing.
Keep your body clean.
Get and give a massage.
Avoid excessive noise.
Engage in religious activity.
Redefine your priorities.
Learn from children.
Find out what you're good at & enjoy doing it.
Stop letting people push you around.
Do something you'd really like to do for yourself.
Take some steps to straighten out a problem in your life right now.
Learn to ask for what you want.
Encourage others to take responsibility for their own welfare.
Enjoy your sexuality.
Remember you are grown up.
Spend time alone.
Redefecorate your home.
Ask for strokes.
Face painful questions squarely.
Get a medical checkup.
Get into loose fitting clothes at home.
Dance.