

Stress Busters: 20 Little Things You Can Do To Lower Stress Immediately!

Stress management does not necessarily require major changes in our lives--only minor adjustments.

1. Go to bed 15 to 30 minutes earlier at night. You will feel much more refreshed in the morning!
2. Reduce or eliminate caffeine consumption. Caffeine is a major stimulant.
3. Jot down your thoughts in a daily log or journal. It may help give you a new perspective on your life.
4. Build some personal time into your schedule each day during which you choose to do something that is relaxing or refreshing. Taking 15 minutes to read the newspaper or taking a hot bath are two popular choices.
5. Improve your appearance. Get a haircut, manicure or new outfit. Looking better will help you feel better!
6. Nourish your friendship circle. Call an old friend or send a card to someone who might be going through some hard times.
7. Limit activities with "negative" friends or acquaintances who reinforce bad or stressful feelings.
8. Try to be optimistic during challenging situations at home or at work.
9. Learn to appreciate those closest to you. All too often, we tend to take their positive traits for granted and focus on traits we wish we could "change."
10. Don't feel that you must find tasks to do at home on your day off. A lazy Sunday afternoon often yields a refreshed and renewed outlook on Monday morning!
11. Visit a local nursing home on occasion and get to know one or more residents.
12. Explore your creativity! Take a class in something that you might find challenging but rewarding. Example: One harried businessman discovered joy and serenity in learning calligraphy.
13. Learn to say no! Never give an immediate answer to someone's request for your time or assistance. (Note: This does not make you a selfish person.)
14. Go to a movie...particularly a mystery or thriller in which you can "lose" yourself and become absorbed.
15. Avoid chronic perfectionism! It's OK to be perfectionistic about some things, like taking medications in just the right way at just the right time. But don't be bothered by fuzzballs under your bed!
16. Spend some quality time with your family pet. Research studies have consistently documented the calming effects that pets can induce.
17. Don't procrastinate! Remember that we tend to postpone those tasks we find burdensome or threatening, but they continue to loom on the horizon thus causing stress. Tackle them and get past them!
18. Schedule "worry time" every few days during which you can focus exclusively on things that might be causing you concern. Attempt to come up with one workable idea which may impact positively on each problem.
19. Revisit childhood memories. Too often, we spend all our time "slaying dragons" in our day-to-day lives. Take some time to reflect on happy childhood memories and the tension will melt away!
20. Take time to visit your local library. Enjoy browsing through magazines that you would ordinarily not come into contact with.

CONCERNED associates

www.concernedassociates.com

(866) 903-6000