

Rock and Roll Your Stress Away

Try to cast away negative attitudes and gloomy forecasts. Ask yourself, "Will this be important in five years?" If the answer is "No" ask yourself, "Am I putting this into proper perspective?"

Pocket Full of Rainbows

Remember, you cannot control others' actions, but you can determine your reaction to stressors.

Beautiful

Give yourself a break from self-criticism. No one is superhuman. We are not always going to do and say the right thing. Try to reflect on what you would like to change about yourself and take baby steps to get there. It is okay to be a work in progress. Congratulate yourself for small improvements.

Schedule time for exercise and take steps to improve your diet. Each day, the skin, bones, nerves and brain you rely on need nourishment - physical, dietary, mental, and spiritual. This is a lot to take care of. You can only neglect yourself for so long.

Walking on Sunshine

Getting Better

Organize. Use a calendar or scheduler. There are lots of options out there. If you are a poor organizer, ask a friend or coworker to help. Each day prioritize what you want to get done. Putting things off usually causes a snowball effect, creates more effort in the long term, and you feel stressed longer. 😊

Let's Dance

Laugh and celebrate. Dance and sing. Look for joy in every day. Make a gratitude journal and remember all you have to be thankful for. Spending time realizing what you do have, helps you to value what is invaluable. Having a life of gratitude helps you weather the tough times.

Receive

Let others "nurture" you. Find someone with whom you can talk openly and share your hopes, fears and frustrations. Also let others take care of your needs for an evening. This gives others satisfaction and gives you a break which we all need from time to time.

Express Yourself

Write down your feelings in a journal, diary, or letters to yourself or others. You don't need to send the letters to feel relief. Paint, color, sing, build, garden, sculpt - find the activity that inspires you.

Peaceful Easy Feeling

Relax. Learn relaxation techniques you can incorporate into your day. Find what works for you. Yoga, listening to music, meditation, running? The Most Relaxing Songs of All Time, According to Science:

<http://www.makeuseof.com/tag/most-relaxing-songs-all-time-science/>

I'll Try Something New

Find healthy hobbies and interests. Find others who enjoy these activities or take a class to find out more. Taking on a new interest or activity often increases social interaction and personal growth.

Perfection is Boring Understand your limits and get help -

before tasks or problems overwhelm you. When you try to be everything to everyone, you set yourself up for failure. Empower yourself by saying, "No, sorry, I can't commit to that."

Does Anybody Really Know What Time It Is?

Take breaks. At work, schedule in time for a break each hour. Set the alarm on your cell phone as a reminder to stretch, walk, take a bathroom break.

Golden Slumbers

Rid yourself of unhealthy bed time rituals and problem-solve restless, nighttime issues. Get some sleep. How many times have you heard this? There is a reason it is repeated often. Sufficient sleep is considered the number one determinant to sound mental and physical health.