

Stress Management Checklist

Review the List of 40 Strategies and Pick 3-5 to Focus on:

- Exercise
- Meditation
- Clean Diet
- Progressive Muscle Relaxation
- Mindfulness
- Positivity
- Set Boundaries
- Breathing Exercises
- Release Frustrations
- Experience Joy and Fun
- Do Something Meaningful
- Sleep Well
- Try Something New
- Get a Pet
- Avoid Alcohol/Drugs
- Label Your Emotions
- Find Community
- Perform Random Acts of Kindness
- Gain Perspective
- Reintroduce Romance
- Laugh Often
- Listen to Music
- Take Supplements
- Strengthen Supports
- Ask for Help
- Prioritize Yourself
- Practice Gratitude
- Challenge Limiting Beliefs
- Let Go
- Be in Nature
- Get a Massage/Acupuncture
- Go on Vacation
- Take Up a Hobby
- Practice Positive Self-Talk
- Avoid Stimulants
- Express Creativity
- Practice Forgiveness
- Be Open to Receiving
- Focus on What is Right
- Journal

AND . . . above all else, remember to *Smile!*

