**Stress Management Techniques**

* + Make a “Did List” at the end of the day instead of a “To-Do List”
  + Get up early and allow for extra time so you don’t have to rush in the morning
  + Keep an appointment book
  + Keep a toy in your purse for when you have to wait
  + Relax your standards. The world will not end if the grass doesn’t get mowed this weekend.
  + For every one thing that goes wrong, there are probably 10 or 50 or 100 blessings. Count them and make this your focus!
  + Say “No!” Saying “no” to extra projects, social activities, and invitations you know you don’t have the time or energy for takes practice, self-respect, and a belief that everyone, every day, needs quiet time to relax and be alone.
  + Unplug your phone.
  + Make friends with non-worriers and/or positive people. Nothing can bring you down better than associating with chronic worrywarts or negative people.
  + Journal
  + Do something for somebody else. Make a meal for someone who is in need. It helps you to feel good about yourself.
  + Practice deep breathing the “right” way
    - While breathing in, push your belly out
    - Before exhaling, pull stomach in
    - Blow out through your mouth
    - Do this for 5 minutes every day, 1-2 times a day
  + Mediate or pray
    - Get comfortable
    - Pick a word
    - Repeat it in your head, until you are relaxed
  + Physical exercise
    - 5-6 days a week
    - Get a partner to do this with-if you don’t want to go, you’ll have a hard time cancelling on your friend and then end up going
  + Get a pet
    - Specifically a dog. They’re the best to create a bond with and they need to go for walks, helping you to get exercise at the same time
  + Perspective
    - Change your way of thinking. When negativity creeps in, stop it and change your way of looking at something. For example:
      * Everybody has more money than I do. They can afford so much more than I can. I’ll never be happy until I have what they have.
        + (Doing a search online will show you that the wants we have today tremendously outweigh the wants of yesteryear. Our focus is often not on what we need, but rather what we think we need after comparing ourselves to others. This has never been easier to do than now, because technology is right at our fingertips.)