## Successful Learning Strategies

### SLS-Stress Management 1

#### 101 Ways to Cope with Stress

<table>
<thead>
<tr>
<th>Strategy</th>
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<tbody>
<tr>
<td>Get up 15 minutes earlier</td>
<td>Unclutter your life</td>
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<tr>
<td>Prepare for the morning the night before</td>
<td>Smile, smile, smile!</td>
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<td>Avoid tight fitting clothes</td>
<td>Be prepared for rain</td>
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<td>Avoid relying on chemical aids</td>
<td>Tickle a baby</td>
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<td>Set appointments ahead</td>
<td>Pet a friendly dog/cat</td>
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<td>Don’t rely on your memory…write it down</td>
<td>Don’t know all the answers</td>
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<td>Practice preventive maintenance</td>
<td>Look for a silver lining</td>
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<td>Make duplicate keys</td>
<td>Say something nice to someone</td>
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<td>Say “no” more often</td>
<td>Teach a kid to fly a kite</td>
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<td>Set priorities in your life</td>
<td>Dance in the rain</td>
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<td>Avoid negative people</td>
<td>Schedule play-time into every day</td>
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<td>Use time wisely</td>
<td>Take a bubble bath</td>
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<td>Simplify meal times</td>
<td>Be aware of the decisions you make</td>
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<td>Always make copies of important papers</td>
<td>Believe in yourself</td>
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<tr>
<td>Anticipate your needs</td>
<td>Stop saying negative things to yourself</td>
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<td>Repair anything that doesn’t work properly</td>
<td>Visualize yourself winning</td>
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<td>Ask for help with jobs you dislike</td>
<td>Develop your sense of humor</td>
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<td>Break large tasks into bite size portions</td>
<td>Stop thinking tomorrow will be a better today</td>
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<td>Look at problems as challenges</td>
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<tr>
<td>Look at challenges differently</td>
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</table>
Dance a jig!  
Say “hello” to a stranger  
Ask a friend for a hug  
Look up to the stars  
Practice breathing slowly  
Learn to whistle a tune  
Read a poem  
Listen to a symphony  
Watch a ballet  
Read a story curled up in bed  
Do a brand new thing  
Stop a bad habit  
Buy yourself a flower  
Take time to smell the flowers  
Find support from others  
Ask someone to be your “vent” partner  
Do it today  
Work at being cheerful and optimistic  
Put safety first  
Do everything in moderation  
Pay attention to your appearance

Strive for Excellence NOT perfection  
Stretch your limits a little each day  
Look at a work of art  
Hum a jingle  
Maintain your weight  
Plant a tree  
Feed the birds  
Practice grace under pressure  
Stand up and stretch  
Always have a plan “B”  
Learn a new doodle  
Memorize a joke  
Be responsible for your feelings  
Learn to meet your own needs  
Become a better listener  
Know your limitations; let others know them, too  
Tell someone to have a good day in pig Latin  
Throw a paper airplane  
Exercise every day  
Get to work early
Learn the correct words to an old song
Remember that stress is an attitude
Keep a journal
Practice a monster smile
Remember you always have options
Have a support network of people, places, and things
Quit trying to fix other people
Clean out one closet
Play patty cake with a toddler
Go on a picnic
Take a different route to work
Leave work early (with permission)
Put air freshener in your car
Watch a movie and eat popcorn
Write a note to a faraway friend
Go to a ball game and scream
Cook a meal and eat it by candlelight
Recognize the importance of unconditional love
Talk less and listen more
Freely praise other people
Get enough sleep