

## Successful Learning Strategies

## SLS-Stress Management 1

### 101 WAYS TO COPE WITH STRESS

Get up 15 minutes earlier

Prepare for the morning the night before

Avoid tight fitting clothes

Avoid relying on chemical aids

Set appointments ahead

Don't rely on your memory...write it down

Practice preventive maintenance

Make duplicate keys

Say "no" more often

Set priorities in your life

Avoid negative people

Use time wisely

Simplify meal times

Always make copies of important papers

Anticipate your needs

Repair anything that doesn't work properly

Ask for help with jobs you dislike

Break large tasks into bite size portions

Look at problems as challenges

Look at challenges differently

Unclutter your life

Smile, smile, smile!

Be prepared for rain

Tickle a baby

Pet a friendly dog/cat

Don't know all the answers

Look for a silver lining

Say something nice to someone

Teach a kid to fly a kite

Dance in the rain

Schedule play-time into every day

Take a bubble bath

Be aware of the decisions you make

Believe in yourself

Stop saying negative things to yourself

Visualize yourself winning

Develop your sense of humor

Stop thinking tomorrow will be a better today

Have goals for yourself

Dance a jig!	Strive for Excellence NOT perfection
Say “hello” to a stranger	Stretch your limits a little each day
Ask a friend for a hug	Look at a work of art
Look up to the stars	Hum a jingle
Practice breathing slowly	Maintain your weight
Learn to whistle a tune	Plant a tree
Read a poem	Feed the birds
Listen to a symphony	Practice grace under pressure
Watch a ballet	Stand up and stretch
Read a story curled up in bed	Always have a plan “B”
Do a brand new thing	Learn a new doodle
Stop a bad habit	Memorize a joke
Buy yourself a flower	Be responsible for your feelings
Take time to smell the flowers	Learn to meet your own needs
Find support from others	Become a better listener
Ask someone to be your “vent” partner	Know your limitations; let others know them, too
Do it today	Tell someone to have a good day in pig Latin
Work at being cheerful and optimistic	Throw a paper airplane
Put safety first	Exercise every day
Do everything in moderation	Get to work early
Pay attention to your appearance	

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