

## **15 Steps To Lower Stress**

- 1. Invest thirty (30) minutes in vigorous physical exercise, three to five times per week (assuming your physician doesn't have a problem with that). Work up a sweat.**
- 2. Learn relaxation techniques.**
- 3. Cut down on caffeine.**
- 4. Eat healthy.**
- 5. Meditate. Get still. Be silent.**
- 6. Develop better time management habits.**
- 7. Play. Have fun. Recharge.**
- 8. Get plenty of sleep.**
- 9. Smile more. Laugh. Use humor to lighten your emotional load.**
- 10. Count your blessings - daily. Make thankfulness a habit.**
- 11. Say nice things when you talk to yourself.**
- 12. Simplify - keep it simple.**
- 13. Set personal goals. Give yourself a sense of purpose.**
- 14. Forgive. Grudges are too heavy to carry around**
- 15. Practice optimism and positive expectancy. Hope is Muscle - develop it.**