



## 20 Ways to Reduce Stress

Stress and overwhelm can have a detrimental impact on our lifestyle, relationships, and especially our health. It is important to create awareness and identify stress triggers in order to implement specific action steps and develop healthy habits to combat the overwhelm and stress.

Here are 20 ideas to get started:

1. Self-Care – Very important!
2. Deep breathing exercises – A great way to start the day!
3. Let go – Is there something causing stress and anxiety that you can let go of - a thought, worry, limiting belief, perfectionism, relationship?
4. Just say no – Overcommitting or saying yes when we really want to say no can cause unnecessary stress in our lives.
5. Change up routine / time management – What could you change to minimize overwhelm?
6. Sleep – It's critical to our health and well-being.
7. Exercise – 20 minutes a day of any movement can make a huge impact.
8. Meditation – you can download meditation aids to help, like Headspace.
9. Yoga – Lesley Fightmaster has great videos on YouTube.
10. Unplug from social media and/or the news – an hour or more before bed.
11. Listen to music.
12. Read or listen to books on tape.
13. Journal, draw, color – or something else crafty.
14. Spend time with people who bring you joy.
15. Spend time outdoors – fresh air and sun are good for the soul!
16. Laugh – also good for the soul!
17. Take a class, learn a language, a new hobby
18. Avoid caffeine – alcohol too especially if you have trouble sleeping.
19. Change the scenery – taking breaks and redirecting attention as necessary.
20. Find your people – support is very important so stay connected!

**\*\* The challenge will be to incorporate 1 new item to your daily routine.**