

# 101 ways to Cope with Stress

Adapted from "101 ways to cope with stress,"  
by Brett Phillips, a California high-school  
psychology teacher

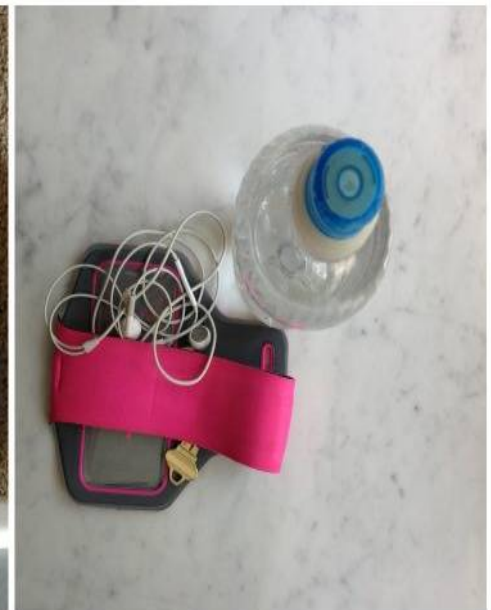
# 1. Get up 15 minutes earlier

I love waking up early.



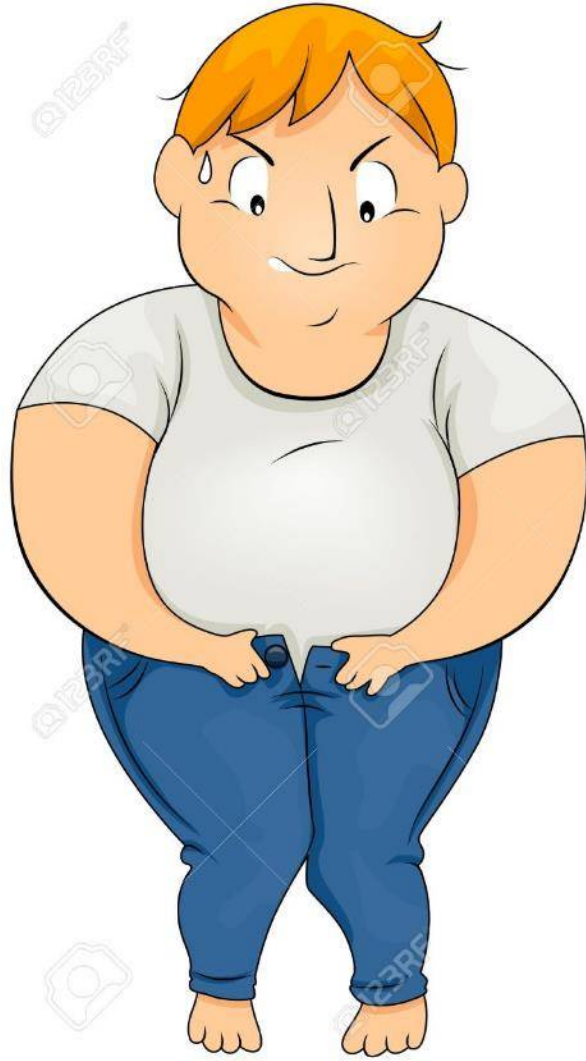
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## 2. Prepare for the morning the night before



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### 3. Avoid tight fitting clothes



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## 4. Avoid relying on chemical aids



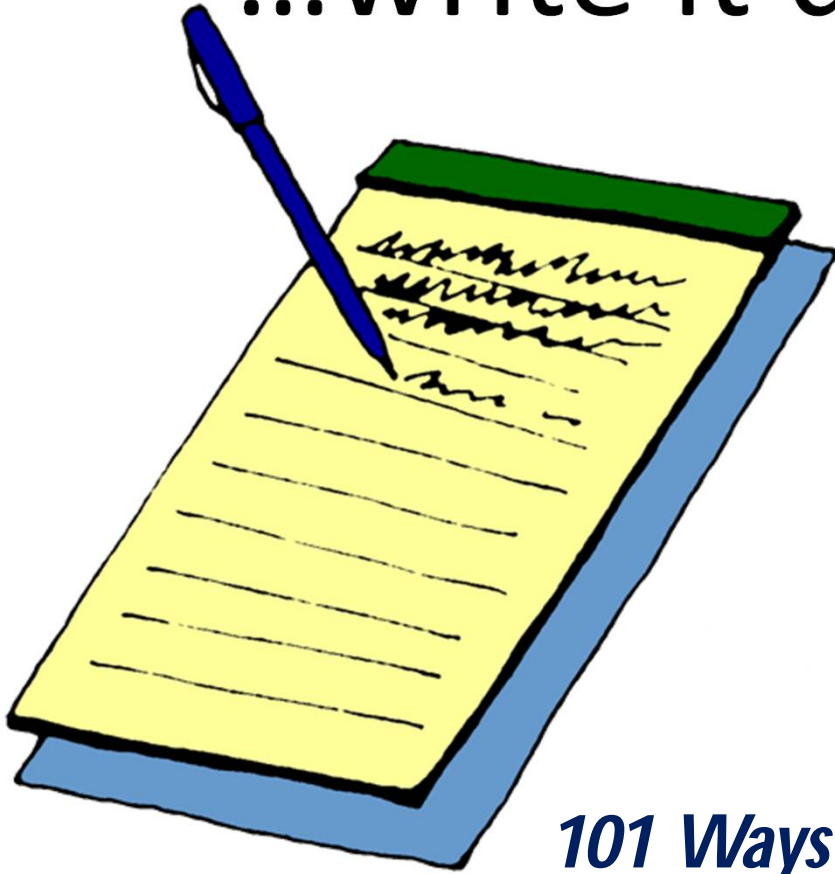
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## 5. Set appointments ahead



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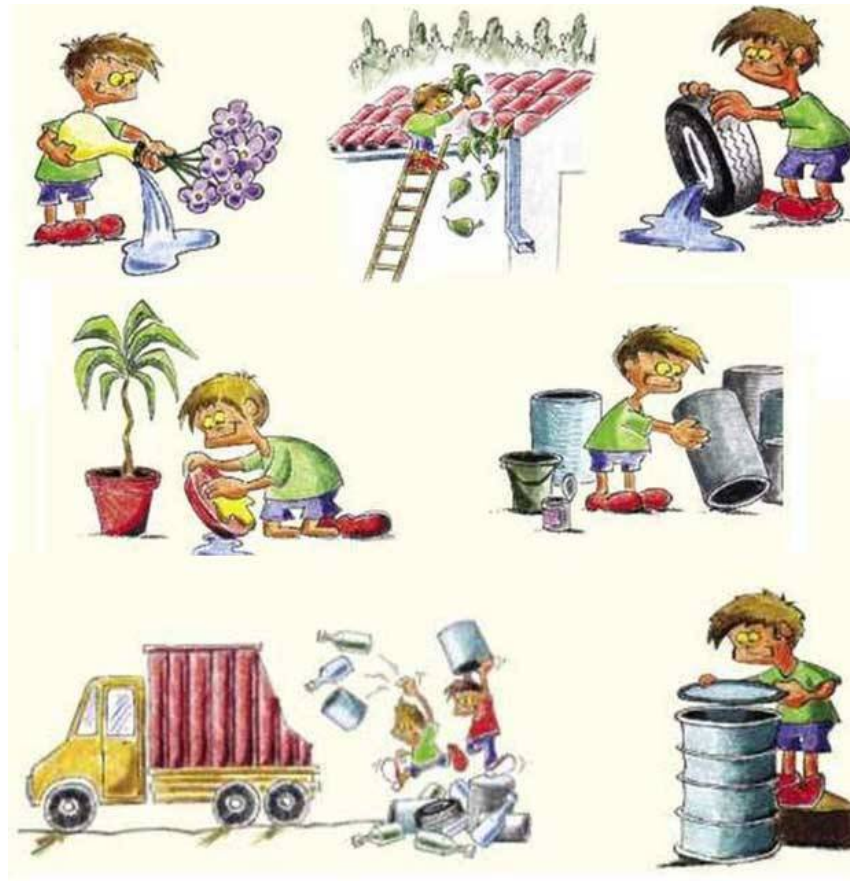
6. Don't rely on your  
memory  
...write it down



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# 7. Practice preventive maintenance



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## 8. Make duplicate keys



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## 9. Say 'No' to distractions more often



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# 10. Set priorities in your life

## **Life Priorities**



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# 11. Avoid negative people



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## 12. Use time wisely



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# 13. Simplify daily routines

## 7 HABITS

FOR HIGHLY EFFECTIVE SIMPLICITY

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HABIT 1: BEGIN WITH THE END IN MIND

HABIT 2: STRIVE TO SIMPLIFY VS ORGANIZE

HABIT 3: EMBRACE THE IDEA OF LESS IS MORE

HABIT 4: LEARN TO VALUE THE MARGIN IN YOUR LIFE

HABIT 5: START TO VALUE EXPERIENCES OVER THINGS

HABIT 6: ESTABLISH SOME HABITS, ROUTINES AND RITUALS

HABIT 7: UNDERSTAND THAT YOU ARE DIFFERENT AND THAT'S OK!

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# 14. Always make copies of important papers



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# 15. Anticipate your needs



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# 16. Repair anything that doesn't work properly



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# 17. Ask for help when you need it



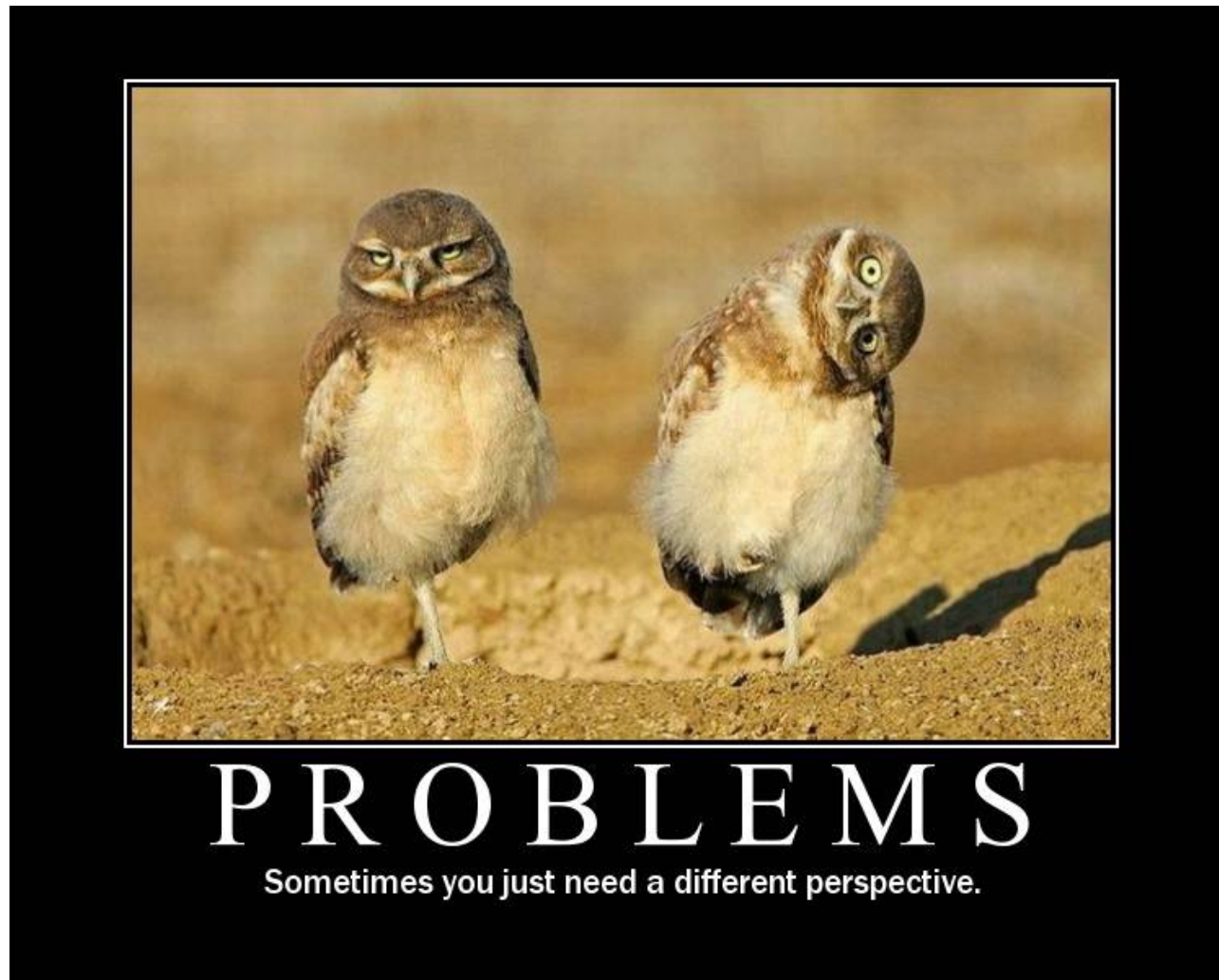
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# 18. Break large tasks into bite size portions



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# 19. Look at problems as challenges



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## 20. Look at Challenges differently



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## 21. Unclutter your life

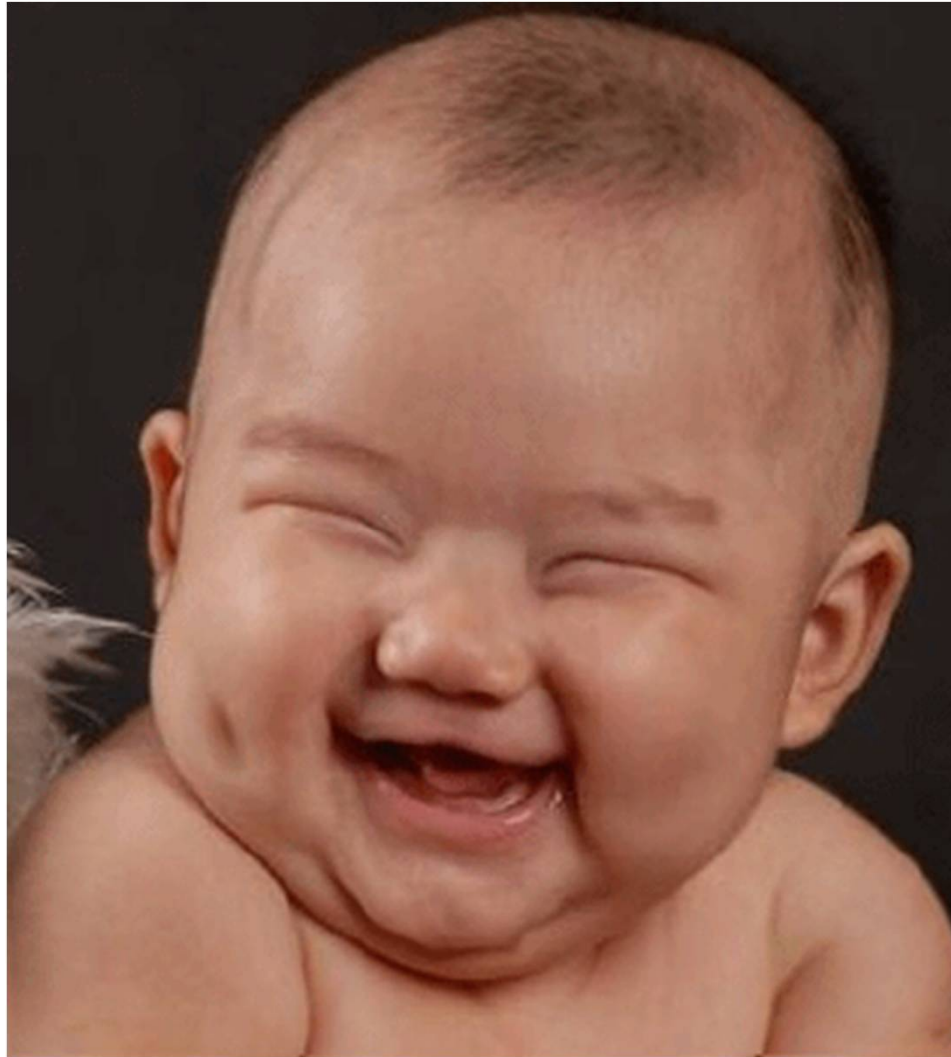


*Make space in  
your life for  
what matters.*

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## 22. Smile



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## 23. Be prepared for rain



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## 24. Play with a Toddler



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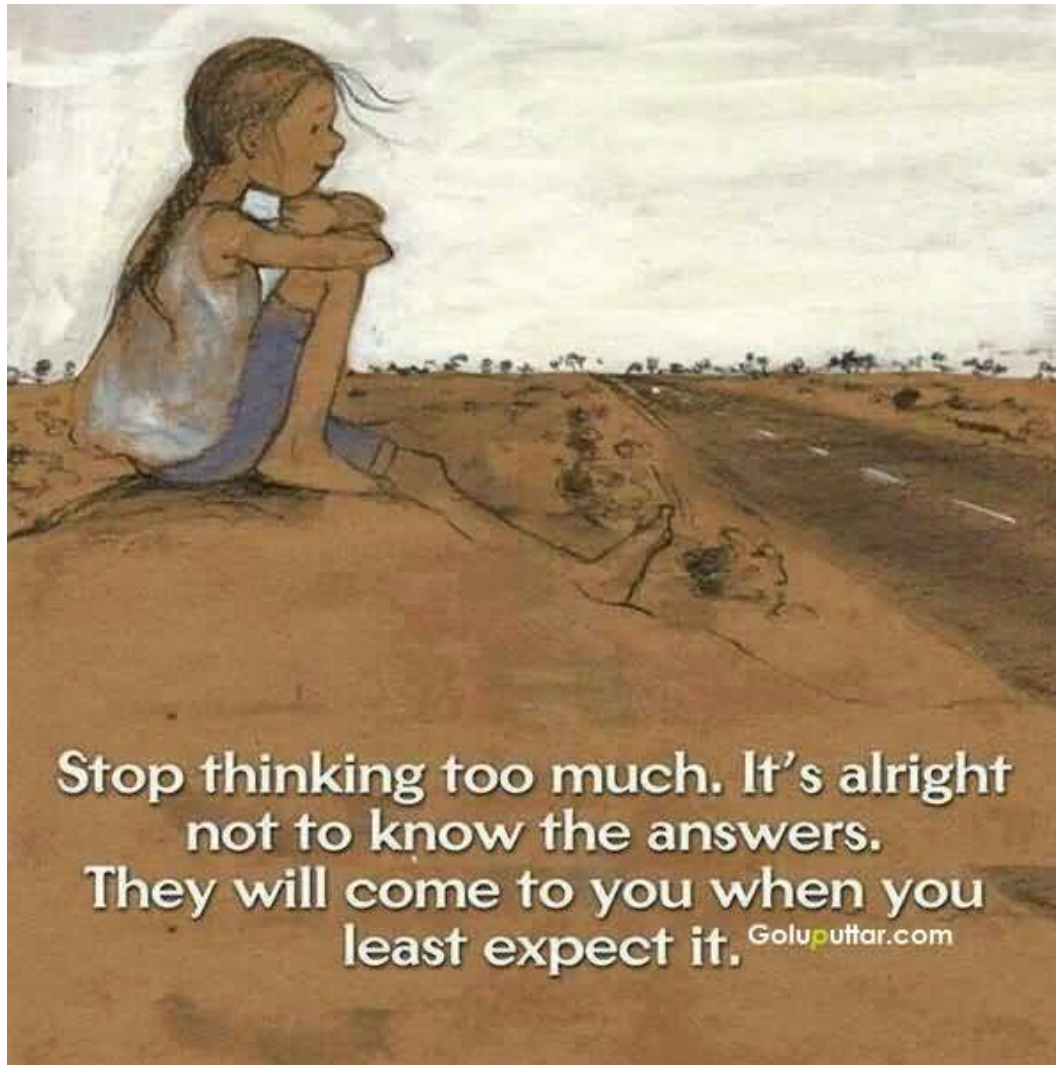


## 25. Pat a friendly dog/cat



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## 26. Don't know all the answers



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## 27. Look for a silver lining



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## 28. Say something nice to someone



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## 29. Teach a kid to fly a kite



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## 30. Walk in the rain



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# 31. Schedule play time into every day



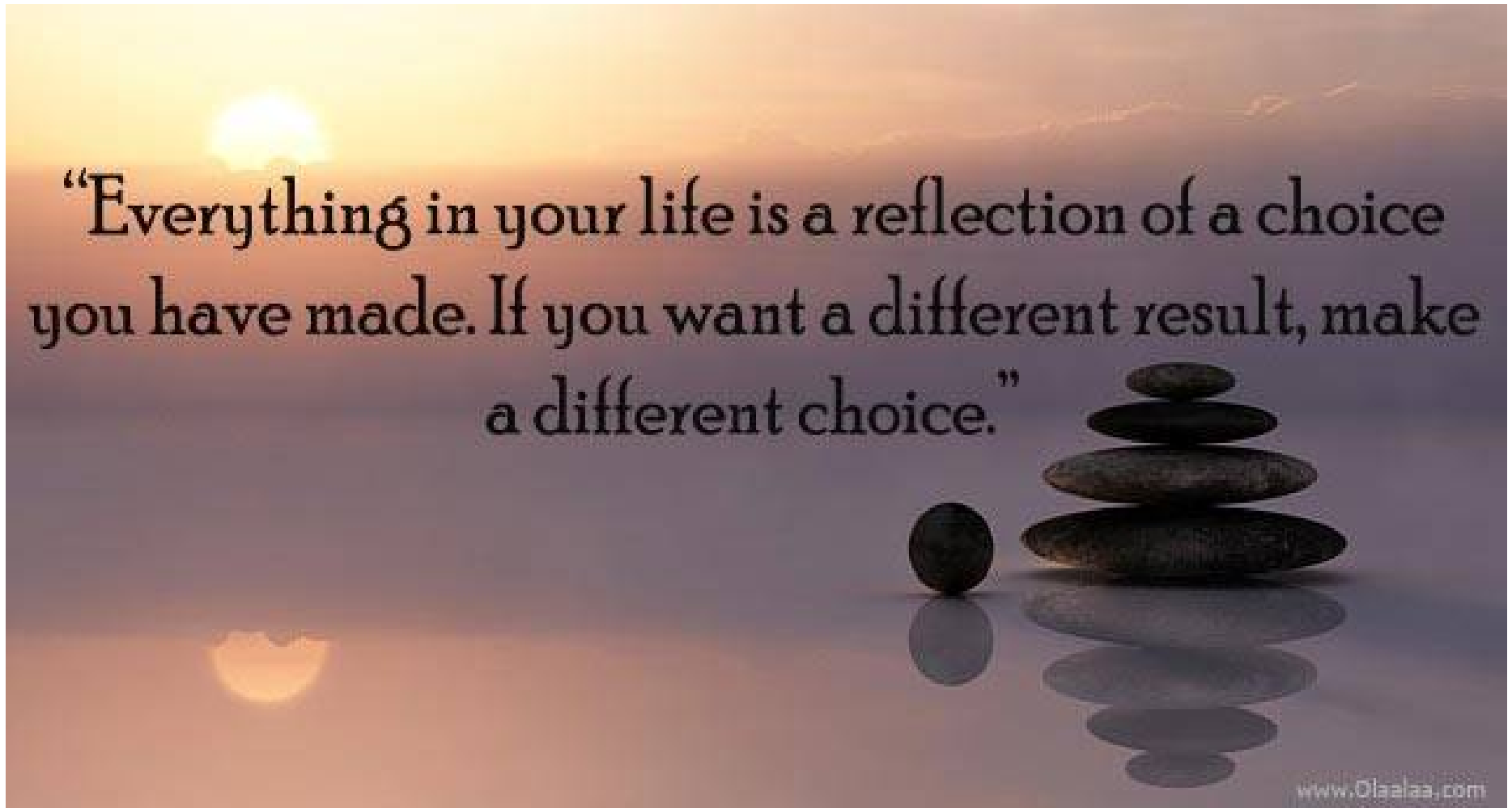
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## 32. Take a bubble bath



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# 33. Be aware of the decisions you make



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## 34. Believe in yourself



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## 35. Stop saying negative things to yourself



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## 36. Visualize yourself winning

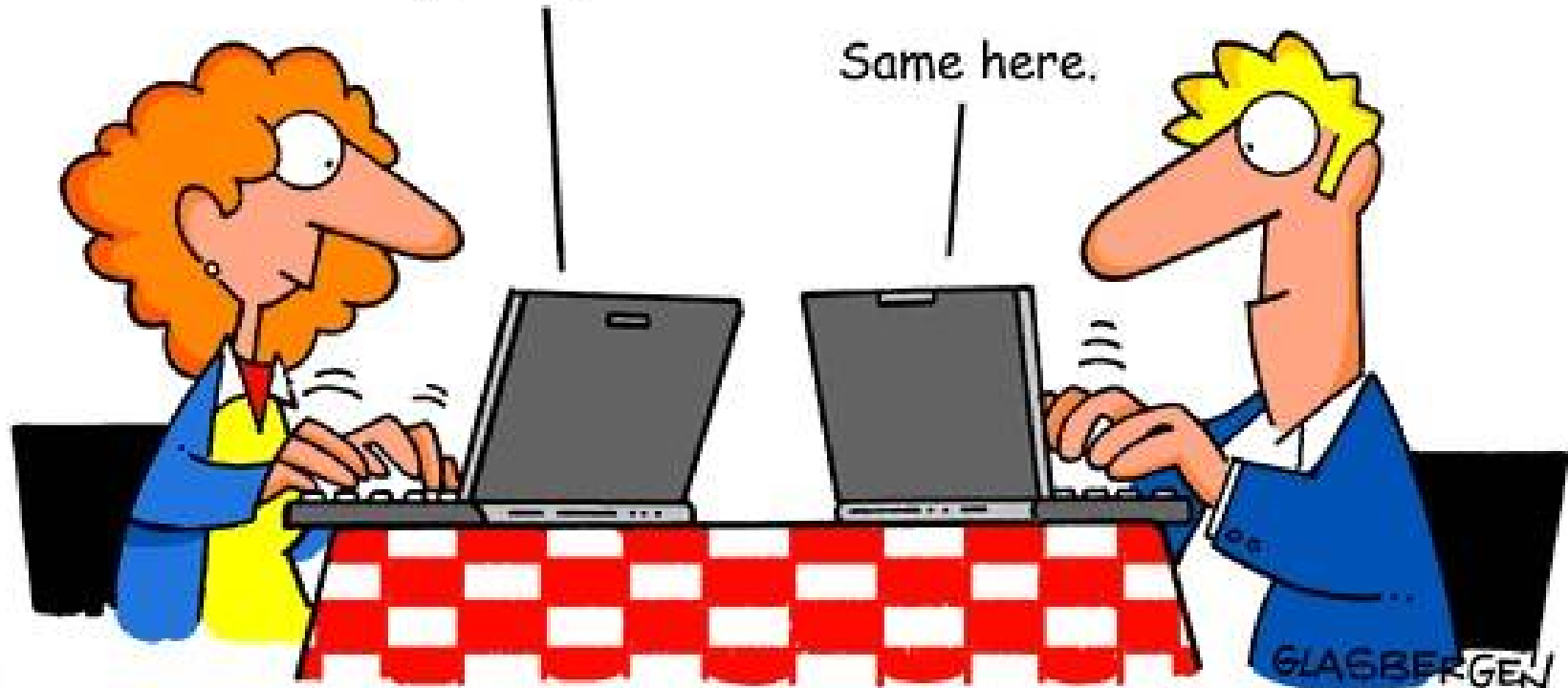


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# 37. Develop your sense of humour

After all our online chats,  
it's great to finally  
meet you in person.

Same here.



© 2000 Randy Glasbergen.

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# 38. Stop thinking tomorrow will be better than today



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# 39. Have goals for yourself



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## 40. Dance a jig



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# 41. Greet everyone you meet in the school



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## 42. Enjoy every moment of your life



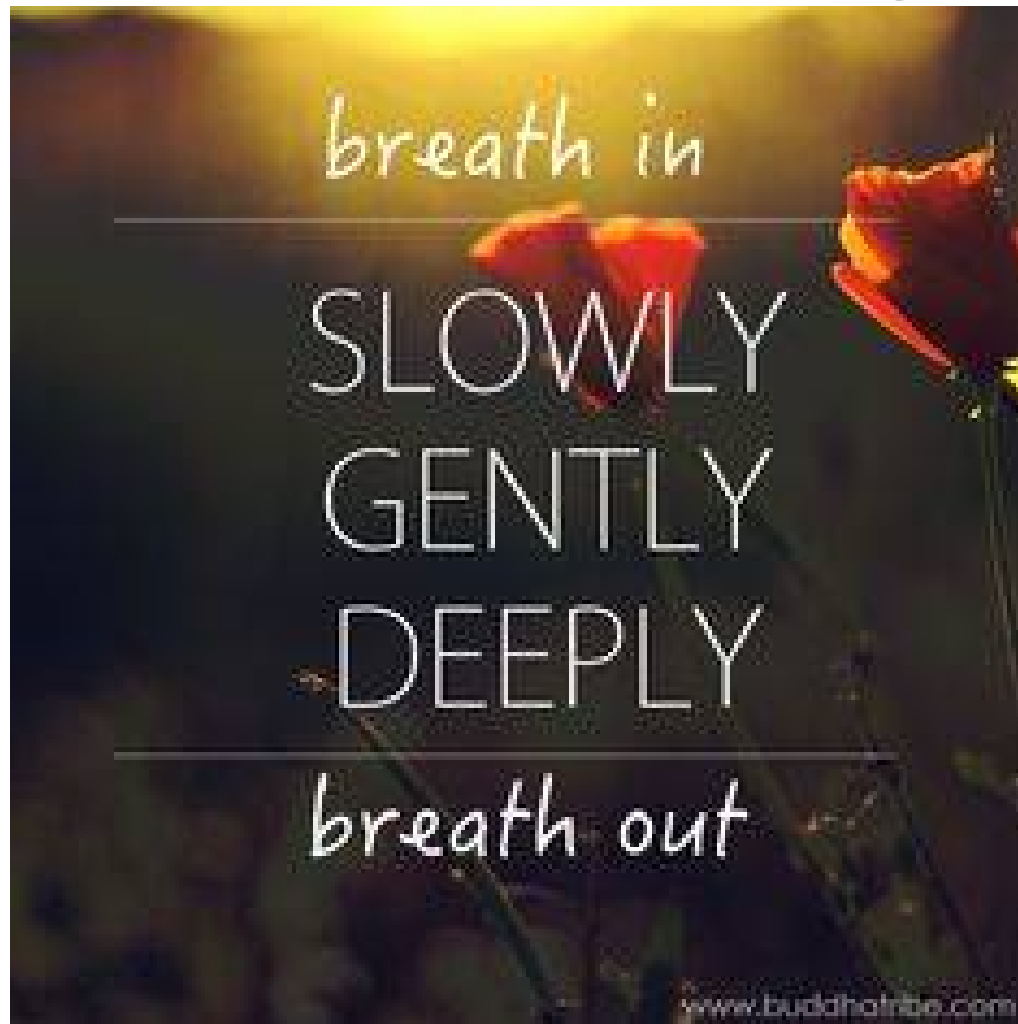
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## 43. Look up at the stars



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## 44. Practice breathing slowly



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# 45. Learn to whistle a tune



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## 46. Read a poem



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# 47. Listen to a symphony



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## 48. Watch a dance performance



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# 49. Read a story



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## 50. Try a new thing



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# 51. Stop a bad habit



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## 52. Buy yourself a flower



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## 53. Take time to smell the flowers



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# 54. Find support from others



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# 55. Find someone trusted to share your problems



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## 56. Do it today



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# 57. Work at being cheerful and optimistic



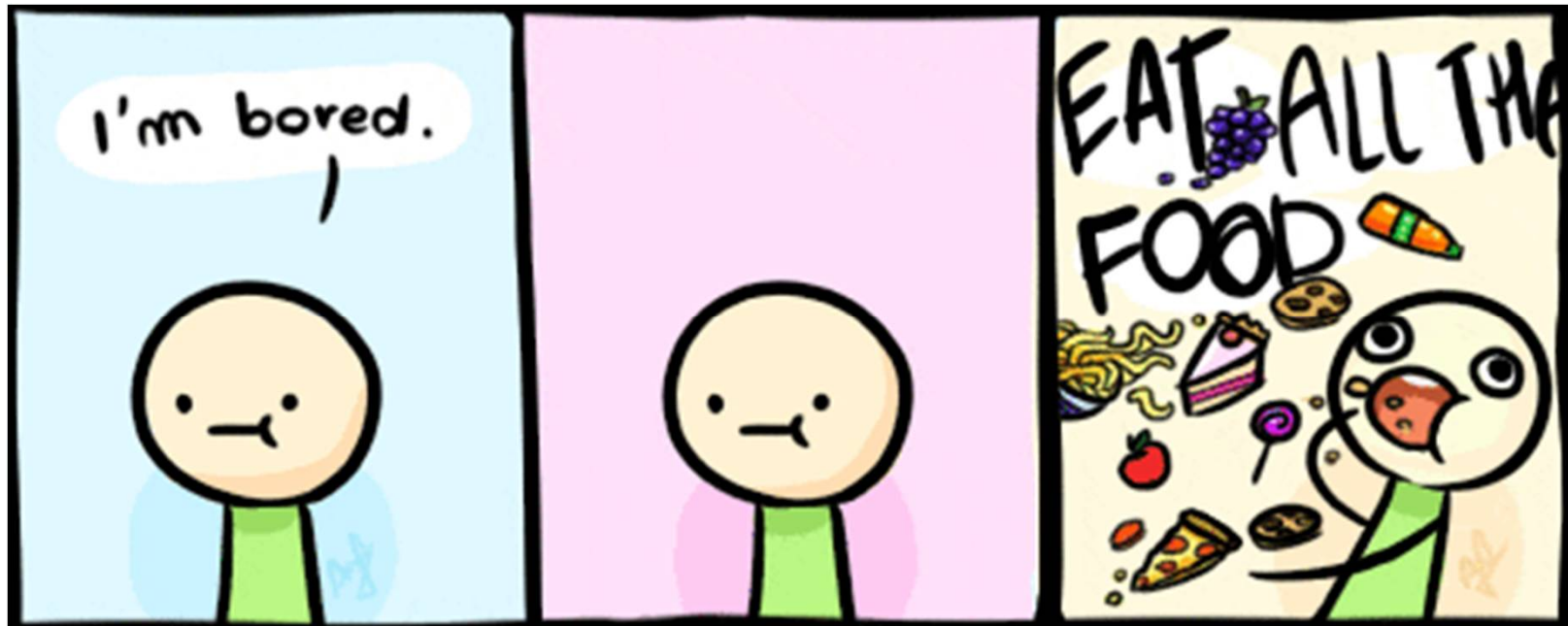
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## 58. Put safety first



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# 59. Do everything in moderation



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# 60. Pay attention to your appearance



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# 61. Strive for Excellence NOT perfection



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## 62. Stretch your limits a little each day



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## 63. Look at a work of art



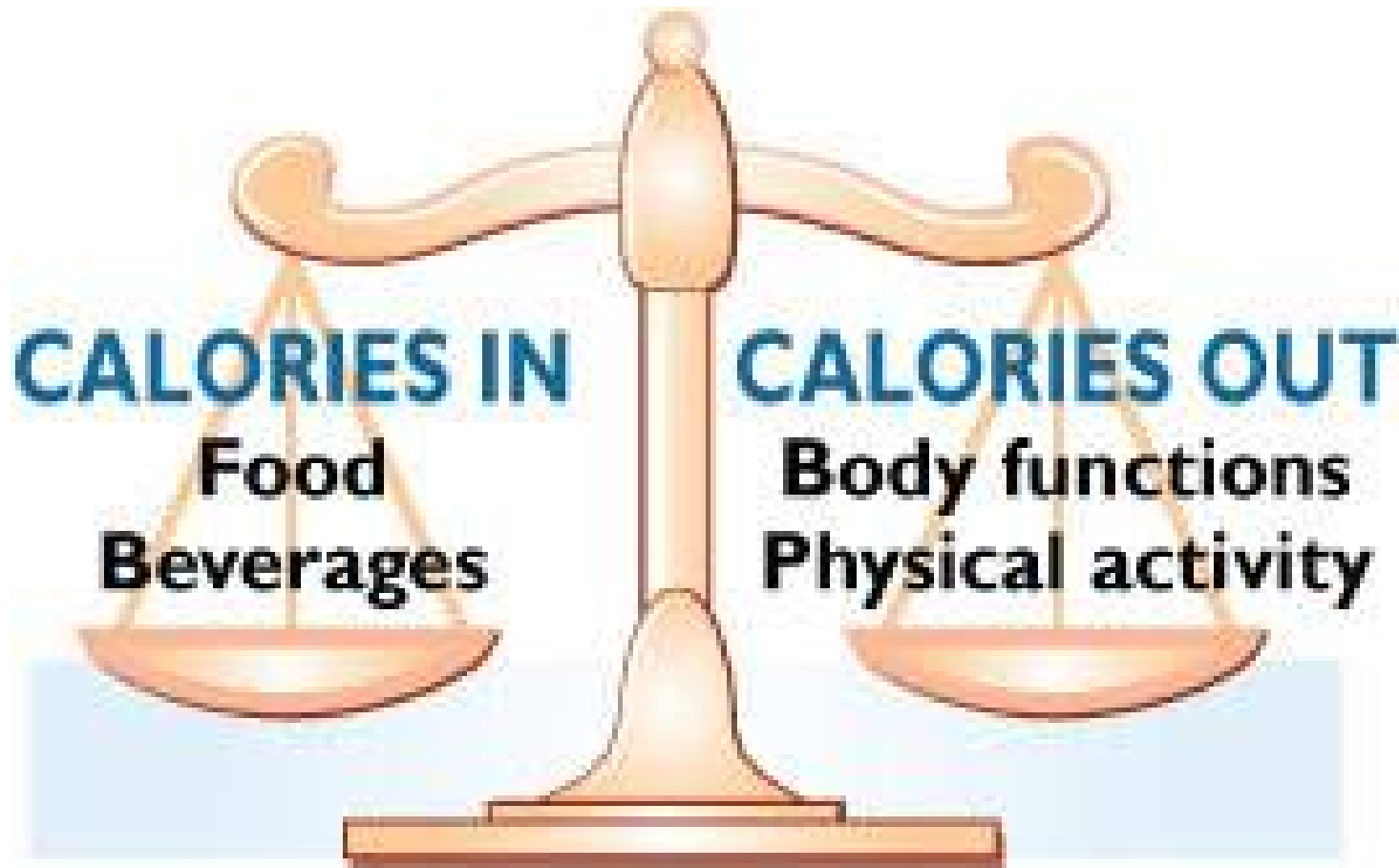
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## 64. Hum a song



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# 65. Maintain your weight



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## 66. Plant a tree



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## 67. Feed the birds



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## 68. Practice grace under pressure



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## 69. Stand up and stretch



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# 70. Always have a plan 'B'



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# 71. Learn a new doodle



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## 72. Memorize a joke



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# 73. Be responsible for your feelings



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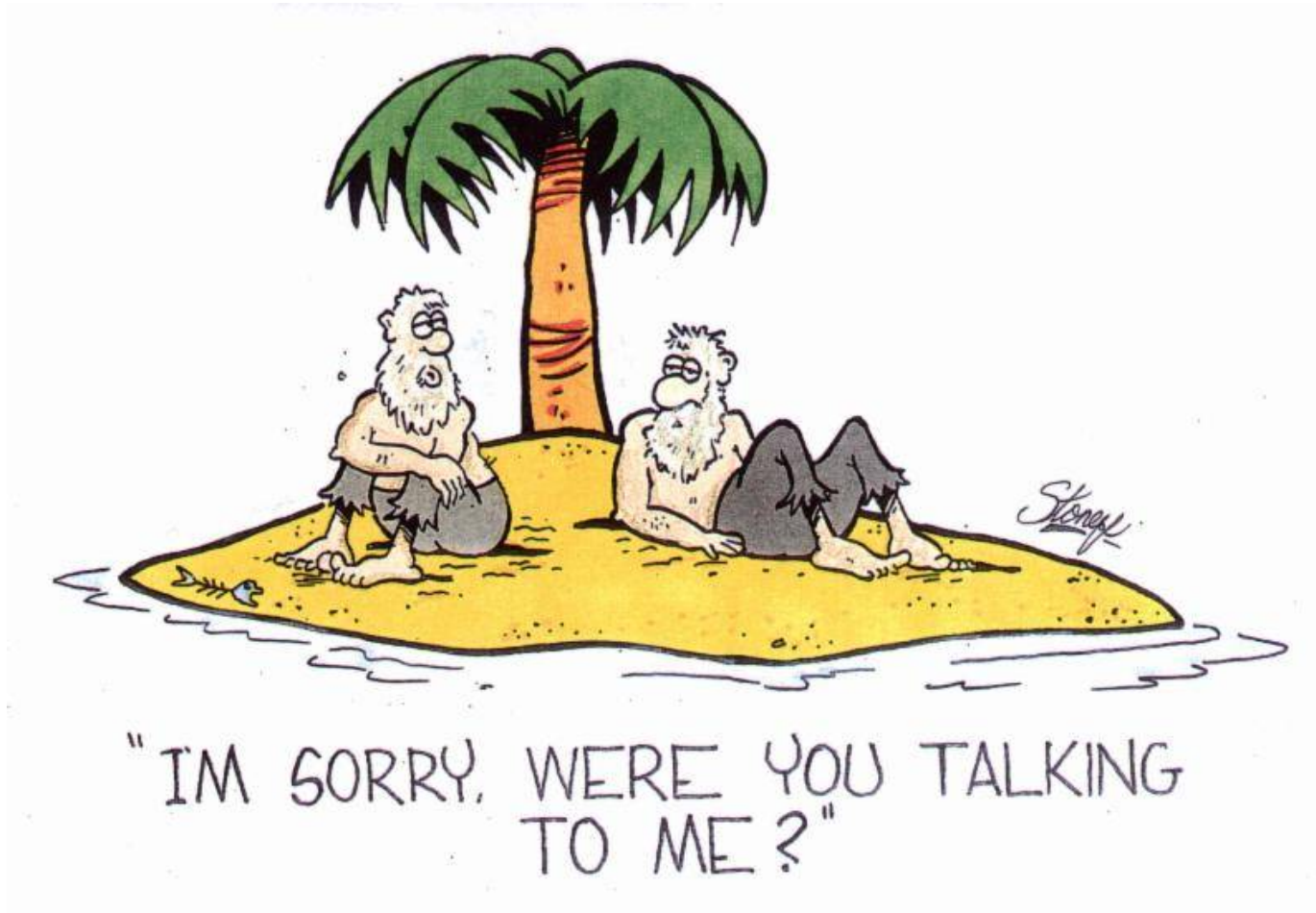
# 74. Learn to meet your own needs



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## 75. Become a better listener



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# 76. Know your limitations and let others know them too



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77. Tell someone to  
have a good day



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# 78. Make and throw a paper airplane



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# 79. Exercise everyday



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## 80. Get to school/work early



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# 81. Clean out one cupboard



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# 82. Learn the lyrics of a new song


## **MY FAVORITE THINGS**

FROM THE SOUND OF MUSIC

LIVELY, WITH SPIRIT


LYRICS BY OSCAR HAMMERSTEIN II  
MUSIC BY RICHARD RODGERS

Emi




RAIN-DROPS ON ROS-ES AND WHIS-KERS ON KIT-TENS.  
CREAM COL-ORED PO-NIES AND CRISP AP-PLE STRU-DELS.

C#m7



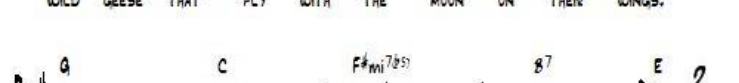
BRIGHT COP-ER KET-TLES AND WARM WOOL-EN MIT-TENS.  
DOOR-BELLS AND SLEIGH-BELLS AND SCHNITZ-EL WITH NOO-DLES.

A#m7 D9 G C



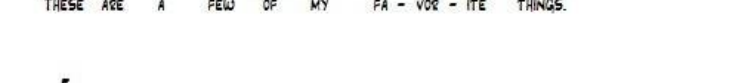
BROWN PA-PER PACK-AG-ES TIED UP WITH STRING,  
WILD GEESE THAT FLY WITH THE MOON ON THEIR WINGS.

G C F#m7(b9) B7 E 2



THESE ARE A FEW OF MY FA-VOR-ITE THINGS.

E



GIRLS IN WHITE DRESS-ES WITH BLUE SAT-IN SASH-ES.

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Preview at [www.musicaneo.com](http://www.musicaneo.com)

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# 83. Appreciate small things



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## 84. Go on a picnic



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# 85. Take a different route to school/work



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## 86. Take a break



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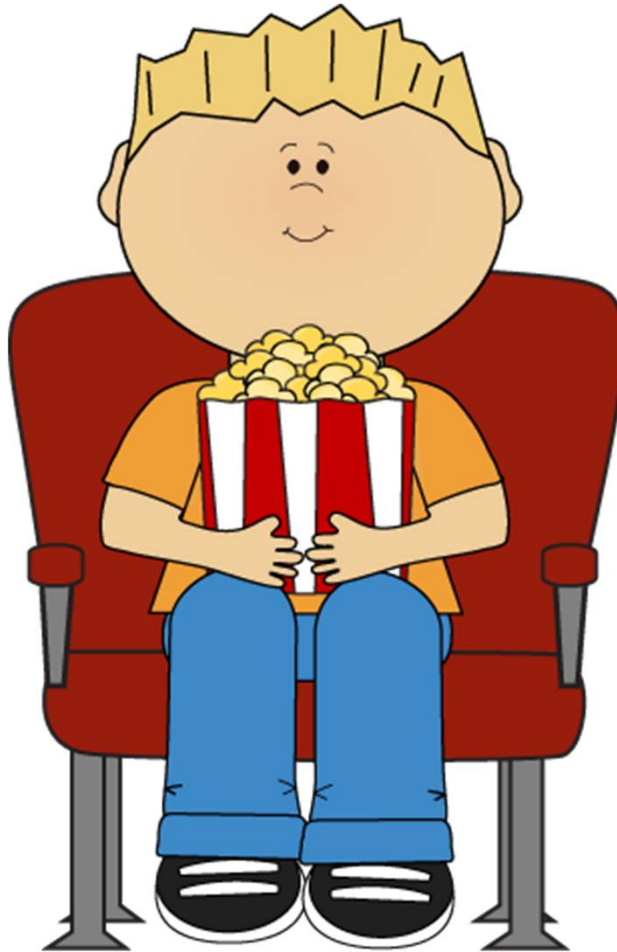


## 87. Put air fresher in your room



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# 88. Watch a movie and eat popcorn



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## 89. Write a note to a far away friend



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## 90. Watch your favourite sport program



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# 91. Cook a meal



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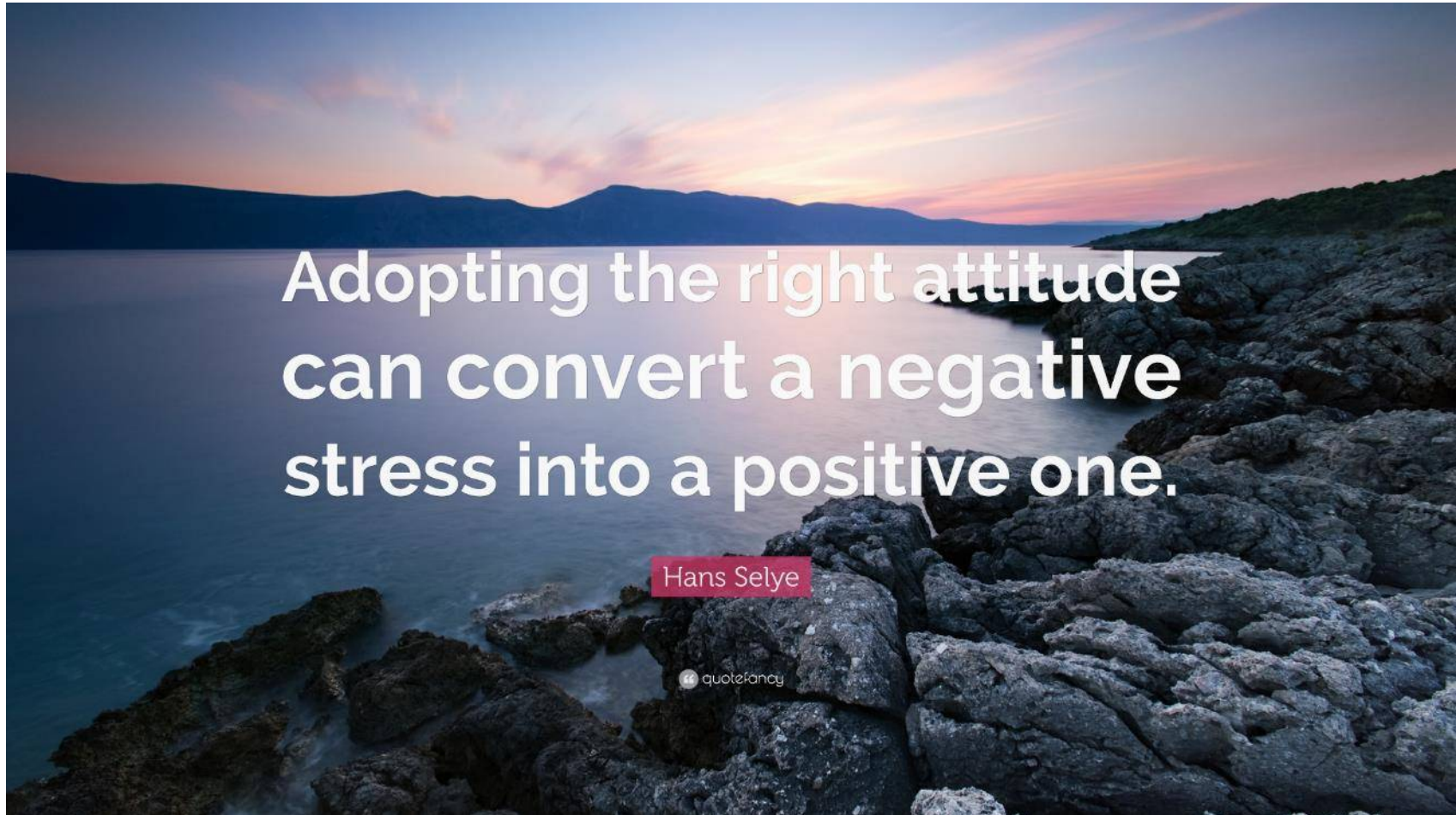
## 92. Recognize the importance of unconditional love



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# 93. Remember that stress is an attitude



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## 94. Keep a journal



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# 95. One step at a time



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# 96. Remember you always have options



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# 97. Have a support network of people, places, and things



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## 98. Quit trying to fix other people



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# 99. Get enough sleep



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# 100. Talk less and listen more



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# 101. Freely praised other people



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**Bonus:** Relax, take each day at a time ... you have the rest of your life to live



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THANK YOU FOR  
WATCHING  
AND  
HAVE A NICE  
DAY :)

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**You are welcome to add on any  
positive way to de-stress into the  
list so that we can 'upgrade' this  
list to 201.**

**Please do so by sending your idea via an  
email to the school counsellor.**

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