



Coach Sharon's Top 100 Stress Busters

1. Acknowledge your limitations and ask for help when needed.
2. Learn how to say "no." Don't take on more than you can handle.
3. Take deep breaths when faced with a stressful situation. Breathe in love, health, and happiness.
4. Smile even when you don't feel like it. Smiles are uplifting. It takes more muscles to frown than smile.
5. Will the situation you're stressed about be important in a year or five years? If not, try not to sweat the small stuff.
6. Spend time with people you love, whether it is with family members or friends.
7. Be around babies; their smiles and giggles can brighten your day in an instant.
8. Watch children interact and play. Their innocence is refreshing.
9. Talk to and play with your own children more often.
10. Take a vacation to a place you've always wanted to visit.
11. Take a day trip to get away from your every day routine.
12. Treat yourself to a nice dinner at your favorite restaurant.
13. Visit a new restaurant that you've wanted to try for weeks/months.
14. Have a gourmet meal catered to your home one evening.
15. Buy an ice cream or treat yourself to your favorite desert.
16. Make a batch of your favorite cookies.
17. Have a cup of your favorite coffee or tea.
18. Go get a manicure and/or pedicure.
19. Get a facial.
20. Schedule a partial or full body massage, or a "relaxation techniques" session.
21. Watch a sunrise or sunset.
22. Watch the clouds change form as they move.
23. Take time to view the beauty around you – flowers, landscapes, storms, rainbows, etc.
24. Visit a national park; they contain so much beauty.
25. Hang a bird feeder and watch the birds fly to and from the feeder.
26. Buy an aquarium and watch the fish swim and play.
27. Adopt a pet or play with your own dog or cat.
28. Plant flowers or a tree. Trees provide the oxygen we need to survive.
29. Engage in retail therapy - go shopping and buy something for yourself.
30. Read a good book or magazine.

31. Watch or rent a good movie, preferably one that makes you laugh.
32. Attend a play or musical.
33. Journal – write down your feelings. Sometimes it helps to put things down on paper.
34. Watch a soap opera and focus on someone else's problems.
35. Call or visit a close friend or family member.
36. Hug your friends and family members.
37. Take a long walk.
38. Take a hike along your favorite trail.
39. Spend time alone to rejuvenate your thoughts and energy.
40. Sit in the sun and let its rays penetrate your body.
41. Take a long, hot shower or bubble bath.
42. Close your eyes and listen to your favorite music.
43. Take a class you've always wanted to take.
44. Join a group so you are around people who share common beliefs, values, and interests.
45. Clean your house – for some people, this does relieve stress.
46. Organize a drawer, desk, cabinet, or room. Being able to find things quickly reduces stress.
47. Hire someone to do those things you don't like or have time to do (e.g., mowing your lawn, pulling weeds, cleaning your house, running errands).
48. Help a friend or neighbor. Helping others always makes one feel good.
49. Volunteer for a good cause.
50. Develop a hobby. Make it something that you thoroughly enjoy (e.g., photography, writing, woodworking, gardening, traveling, hiking, biking, dancing).
51. Meditate – clear your mind every day and let positive energy flow through you.
52. Be intimate with a spouse or partner.
53. Take dancing lessons or dance as often as you can. Dancing lets you express your individuality.
54. Let your creative juices flow and create something, such as cards, ornaments, poems, clothes, purses, toys, furniture, etc.
55. Play a game (e.g., cards, checkers, chess, Backgammon or a board game).
56. Pick flowers from your garden or buy flowers for your home.
57. Buy candles with scents you enjoy and/or that relax you (aromatherapy).
58. Develop a plan to lose weight.
59. Start an exercise program.
60. Brighten someone's day - send them a card or note.
61. Think about how you've handled stressful situations in the past – what worked best for you? Then repeat that activity, if possible.
62. Seek a job or career you enjoy; one that you look forward to every day.
63. Cut down on your work hours. If you were hired to work a 40 hour week, stick to that. If you want to work less hours, discuss this with your supervisor or seek a new position.
64. Consider job sharing; share your job with another person who is equally qualified.
65. Focus on the positive versus negative aspects of the stressful situation.
66. Listen to your gut feeling; this will help you to better handle stressful situations.
67. If possible, walk away from a stressful situation, even if only for five minutes.

68. Visualize a scenario with no stress (e.g., lying on the beach in a tropical environment).
69. Eat healthy foods and drink plenty of water.
70. Attend a place of worship where you are comfortable and at peace.
71. Pray to God, your higher being, or the universe.
72. Go to your favorite place; a place that gives you comfort. This can be a room in your house, a vacation home, a park, a restaurant, etc.
73. Surround yourself with fun, positive people. Negative people can drag you down.
74. Be grateful for everything that you have; there is always someone less fortunate than you.
75. Decide what you can or can't control. Take care of the things you can control, let go of the things you can't.
76. If you manage/supervise individuals who are problem employees (e.g., they create conflict, exhibit poor work ethics, or don't pull their weight), develop and implement a plan to terminate and replace them.
77. If you are a supervisor, have too much on your plate, and are overwhelmed, consider delegating specific projects to your staff.
78. If your personal finances are a concern, develop a budget and stick to it.
79. Take steps now to save money for your retirement years.
80. When you have a huge project ahead of you, don't attempt to do it all at once. Break it down into small, manageable steps so it isn't so overwhelming.
81. Play solitaire.
82. Create a home environment that is inviting, warm, and happy. Create a home that is YOU.
83. Decorate your office so it is more "homey."
84. Learn how to manage your time so that you are more effective and efficient.
85. Create a healthy balance in your life so you are able to pursue those things most important to you.
86. Make sure you get adequate sleep so you have the energy you need to tackle the day ahead of you.
87. Being ill can bring on stress. Make sure you visit a doctor if something is nagging you or you don't feel quite the same any longer.
88. Avoid people or situations which cause stress in your life.
89. If you smoke, develop a plan to significantly cut down or quit.
90. Listen more, talk less.
91. If someone or something upsets you, wait a minute before you respond. This will give you time to gather your thoughts and provide a more constructive response.
92. Work on accepting people for who they are, not what you'd like them to be.
93. Don't attempt to change others, as you wouldn't want someone to try and change you.
94. Think about and focus on your gifts, talents, strengths, skills, and abilities – those things that make you special and unique.
95. Think about all of your successes and accomplishments – how you have made the world a better place.
96. Take responsibility for your mistakes and take steps not to repeat them.
97. Think before you act, as this can often reduce a great deal of stress.

98. Find at least one good quality in every person you encounter.
99. Continually tell yourself that your life is stress-free. It's amazing how the law of attraction works.
- 100. Hire a coach to help you create a happier, healthier, less stressful, and more fulfilling life.**

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If you want to make positive changes in your professional life, and create the job or career you desire and deserve, then working with Executive & Life Coach, Sharon L. Mikrut, is the solution. Although her specialty is in partnering with nonprofit executive directors and managers to maximize their resources in a competitive environment, she is passionate about working with all individuals committed to personal and/or professional growth. Visit her website (<http://www.createitcoaching.org>), Nonprofit Professionals blog (<http://www.createitcoaching.com>), or Empowerment blog (<http://www.createitcoaching.net>) and sign up for her free nonprofit or life coaching newsletter.