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202 STRATEGIES FOR COPING WITH STRESS

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Begin living now
Take some time off
Exercise every day
Practice relaxation
Read about human growth
Stop letting things drift
Work hard but have fun
Find 4 hobbies or interests
Stop putting yourself down
Set goals realistically
Stop rescuing people
Develop a budget
Stick to your budget
Enjoy leisure
Express yourself
Pretend you're a perfect parent to yourself
Stop collecting people with problems
Affirm yourself
Practice assertive self-expression
Talk about your strengths
Practice good posture
Encourage others to feel good
Develop your personal talents
Experiment with your behaviors
Stop talking about your miseries
Stop asking to be rescued
Stop reflecting on things that didn't work out
Practice breathing slowly
Ask for help in a straightforward way
Dress in a way that feels right for you
Get involved with friends
Start sharing responsibilities
Listen to people
Start really caring about people
Comprise occasionally
Make decisions
Give people a break
Let go of what is lost
Encourage gentleness in yourself and others
See people as individuals
Protect yourself from unsafe situations
Listen to the sound of your own voice
Enjoy being paid well for good work
Make your living environment comfortable
Develop a varied life
Sing
Get into loose fitting clothes at home

Stop living in the future/past
Stop waiting until and marking time
Expect to enjoy your relationships
Get enough rest
List your successes
Redefine your priorities
Play
Enjoy your hobbies & interests
Listen to feedback from others
Make friends with people who like themselves
Learn to accept what you cannot change
Breathe deeply and visualize a peaceful scene
Think positively
Be honest about how you feel
Meditate daily
Figure out ways to achieve your goals
Take a continuing education course
Surface your feelings
Let other people run their own lives
Practice being alert
Get acquainted with happy, successful people
Expect to enjoy your relationships
Take a nap
Stop feeling sorry for yourself
Stop looking for someone to blame
Exercise regularly
Ask for affirmation
Ask a friend for a hug
Control your food input, eat nutritionally
Stop assuming others can't get along without you
Share yourself with friends and significant others
Stop using self-defeating ways to feel satisfied
Stop feeling good only when doing for others
Seek out good friends
Learn what is controllable in your life
Stop being always available for running errands
Take a chance...risk
Stop being in the wrong place at the wrong time
Face life with dignity
Face painful questions squarely
Do something exciting
Spend time alone
Take vacations
Get a medical checkup
Dance
Keep your body clean
Redecorate your home

OVER➔

Get and give a massage
Learn from children
Stop letting people push you around
Do something you'd really like to do for yourself
Encourage others to take responsibility for their own welfare
Write a journal of your daily activities, thoughts and moods
Get up 15 minutes earlier
Organize your work; focus on one task at a time
Set appointments ahead
Practice preventive maintenance
Say "NO" more often
Find out what you seem to be good at and enjoy doing it
Simplify meal times
Anticipate your needs
Ask for help with jobs you dislike
Look at problems as challenges
Be prepared for rain
Pet a friendly dog/cat
Look for the silver lining
Teach a kid to fly a kite
Schedule play time into every day
Be aware of the decisions you make
Stop saying negative things to yourself
Develop your sense of humor
List your strengths, abilities & gifts
Say hello to a stranger
Look up at the stars
Listen to a symphony
Read a story curled up in bed
Stop a bad habit
Take time to smell the flower
Ask someone to be your "Vent Partner"
Work at being cheerful and optimistic
Do everything in moderation
Strive for excellence, not perfection
Look at a work of art
Maintain your weight
Feed the birds
Stand up and stretch
Learn a new doodle
Be responsible for your own feelings
Become a better listener
Throw a paper airplane
Learn the words to a new song
Clean out one closet
Go on a picnic
Leave work early (with permission)
Watch a movie and eat popcorn
Go to a ball game and scream
Remember that stress is an attitude
Practice a monster smile
Have a support network: people/places/things
Get enough sleep
Freely praise other people
Give yourself permission to be afraid of failure and success
Read poetry
Take some steps to straighten out a problem in your life right now
Think to solve problems rather than depending
"magical powers"

Engage in religious activity
Avoid excessive noise
Avoid negative people
Learn to ask for what you want
Enjoy your sexuality
Remember you are a grown-up
Prepare for the morning the night before
Avoid tight fitting clothes
Don't rely on memory...write it down
Make duplicate keys
Set priorities in your life
Use time wisely
Always make copies of important papers
Repair things that don't work properly
Break large tasks into bite-size portions
Unclutter your life
Tickle a baby
Don't know all the answers
Say something nice to someone
Walk in the rain
Take a bubble bath
Believe in yourself
Visualize yourself winning
Have goals for yourself
Get rid of one stack of papers
Recognize importance of unconditional love
Learn to whistle
Watch a ballet
Do a brand new thing
Buy yourself a flower
Find support from others
Do it today
Put safety first
Pay attention to your appearance
Stretch your limits a little each day
Hum a jingle
Plant a tree
Practice grace under pressure
Always have a plan "B"
Memorize a joke
Learn to meet your own needs
Tell someone "Have a good day"
Smile
Get to work early
Play patty cake with a toddler
Take a different route to work
Put air freshener in your car
Write a note to a far away friend
Cook a meal and eat it by candlelight
Keep a journal
Remember you always have options
Quit trying to "fix" other people
Really listen to people
Relax, you have the rest of your life to live
Cut down on sugar
Go more frequently where you will get what is good for you
Analyze problems, figure out what can be done, and then take on some action immediately