

## **Self-Help Stress Relief Tips**

- Eat right and exercise
- Set realistic goals
- Handle important tasks first and eliminate unessential tasks
- Take a break and meditate to slow down "mind-racing"
- Reduce the urge to be "perfect"
- Be flexible
- Avoid excessive competition
- Reduce criticism of yourself and others
- Don't stress when expectations are not met
- Manage your anger
- Push away negativity of any kind
- Give yourself "me" time
- Choose to keep quiet when you feel a negative reaction
- Be cheerful, it deflates others stress and anxiety
- Silence your phone at night
- Dab essential oils on your wrist to remind yourself to relax
- Utilize relaxation techniques; Yoga, Meditation, Breathing, etc.
- Laugh and smile more often
- Remember you can only change yourself