



Secret Weapons Stress Buster Strategies

- Smile
- Step back, distance yourself, look at your situation from a different angle
- Call on your sense of Humor – Look for the *funny* and appreciate the *amusing*
- Giggle, Chuckle, Laugh
- Quiet Time – Deep Breathing, Stretching, Meditation
- Postpone worrying or dealing with your situation until later by setting an appointed date/time to come back to “deal” with it rationally
- Ask for assistance – Use your network
- Petition your Angels
- Q-T-I-P – **Quit Taking It Personal**
- Distract Yourself – Get Busy, Work on Projects
- Do something fun – Movies, Music, Reading, Hobbies
- Physical Activity – Exercise, Walk, Dance, Sing, Play Sports
- Relax – Rest, Take a Nap, Bubble Bath, Massage
- Random Acts of Kindness – Do something thoughtful for someone else
- Switch Gears – Utilize Pacing Strategies – To avoid getting stuck or drained, rotate between thinking activities and routine tasks
- Spirituality – Pray or Count Your Blessings
- Comfort of a friend – Choose someone who’s been there, or spend time with a pet
- Treat Yourself – Favorite Food, Beverage
- Create a memory bank of special moments and reflect on times when you were your happiest, bravest, strongest, most successful
- Visualize what you want to do or be, see yourself accomplishing this and allow yourself to feel how you will feel when you succeed
- Play hooky from the world for 20 minutes (shut off your cell phone)
- Journal – Write down your thoughts and feelings to clear your head
- Take a time-out from your life – Pretend you are the happiest you could ever be for a pre-set amount of time – one hour, entire afternoon, full day
- Tantrum – Scream and shout for 10 minutes – in private – without doing harm to yourself or another – When done, set a positive intention
- Pity Party – Privately whine, complain and feel sorry for yourself for 10 minutes – When done, look for something positive, and acknowledge it
- Carry a marble with you. On those days when you feel like you have lost all of your marbles, look at it and say, “ I still have one marble left, so I will be O.K.” Believe it!



Hangin’ on with humor when life looks ugly . . .