

## 15 Steps To Lower Stress

1. **Invest thirty (30) minutes in vigorous physical exercise, three to five times per week (assuming your physician doesn't have a problem with that). Work up a sweat.**
2. **Learn relaxation techniques.**
3. **Cut down on caffeine.**
4. **Eat healthy.**
5. **Meditate. Get still. Be silent.**
6. **Develop better time management habits.**
7. **Play. Have fun. Recharge.**
8. **Get plenty of sleep.**
9. **Smile more. Laugh. Use humor to lighten your emotional load.**
10. **Count your blessings - daily. Make thankfulness a habit.**
11. **Say nice things when you talk to yourself.**
12. **Simplify - keep it simple.**
13. **Set personal goals. Give yourself a sense of purpose.**
14. **Forgive. Grudges are too heavy to carry around.**
15. **Practice optimism and positive expectancy. Hope is Muscle - develop it.**

