

1. **Recognize the problem**
2. **Gain control where you can**
3. **Work smarter, not longer**
4. **Take a hike (or go for a walk)**
5. **Identify the elements that promote burnout in your life**
6. **Employ coping strategies**
7. **Soak your feet in warm water**
8. **Build positive social supports**
9. **Do yoga**
10. **Consider ways to make your work more satisfying**
11. **Read a book of inspirational quotes**
12. **Spend quiet time alone each day**
13. **Blow bubbles**
14. **Sit in a church or other contemplative space**
15. **Take new risks**
16. **Go window shopping**
17. **Watch cartoons**
18. **Color with a child**
19. **People watch at a park**
20. **Collaborate on a new project**
21. **Control thoughts that you are indispensable**
22. **Make a cake and lick the beaters**
23. **Take a nap**
24. **Daydream**
25. **Plan ahead to reduce performance stress**
26. **Hug someone**
27. **You-Tube– guided meditation**

- 28. Call your parents or a loved one just to talk**
- 29. Make a “To Do” list and cross items off when completed**
- 30. Keep a stress diary to identify and analyze your reactions to stress**
- 31. Sing out loud**
- 32. Try aromatherapy: lavender, chamomile and marjoram essential oils**
- 33. Vary your day to include different activities**
- 34. Get crafty and messy!**
- 35. Avoid drugs, alcohol and tobacco**
- 36. Play a team sport**
- 37. Try alternate nostril breathing**
- 38. Express your feelings and thoughts**
- 39. Go swimming**
- 40. Get rid of negativity**
- 41. Have realistic expectations**
- 42. Make time for relaxation**
- 43. Eat dessert before your entree**
- 44. Don't over-schedule yourself**
- 45. Keep a daily gratitude journal**
- 46. Shout “tah-dah” when you complete a task**
- 47. Go on a retreat**
- 48. Pick or buy yourself fresh flowers**
- 49. Create a positive affirmations folder or memory box —review as necessary**
- 50. Start a collection**
- 51. Read a children's book**
- 52. Wear your favorite outfit**
- 53. Have a root beer float**
- 54. Make yourself a Valentine.**

55. Reduce or eliminate caffeine consumption
56. Get a massage
57. Meet a friend for lunch
58. Schedule a wellness day
59. Get a stress ball and squeeze it!
60. Play soothing sounds in your living or working environment
61. See a counselor or advisor
62. Exercise regularly
63. Trade a 5-minute scalp massage with a friend
64. Take a dog for a walk
65. Visualize a silly image and LOL
66. Keep a journal
67. Eat a piece of dark chocolate
68. Forgive someone a wrong
69. Try something new
70. Get involved in an organization
71. Quit doing something
72. Leave your room or building at lunch
73. Mentor someone
74. Get up 15 minutes earlier in the mornings
75. Take 10 deep breaths
76. Eat a healthy breakfast
77. Go dancing
78. Learn to do something new
79. Go to bed early
80. Be an agent of change within your institution
81. Plant a garden

82. Listen to soothing music
83. Get organized
84. Play with a pet
85. Do what you love or get career counseling.
86. Send a thank you note to show your appreciation
87. Play an instrument or the radio
88. Teach someone something
89. Watch a comedy film or a sitcom
90. Balance your lifestyle
91. Light some candles and turn out the lights
92. If you feel like crying— cry
93. Beat a drum, pillow or punching bag
94. Keep appreciation messages or cards in your environment
95. Develop a support network
95. Pray or meditate
96. Take a time out
97. Slow down; try speaking slower, too
98. Reward yourself at the end of a hard day
99. Soak in a Jacuzzi or bath
100. Tense and relax your whole body
101. Place your favorite stress relieving activity here: