

101 Top Tips To De-Stress From You



Thank you so much to those who came back with some brilliant tips on how to manage your stress. Everybody is different and what works for one person might not work for another. Here are a 101 tips provided by you. Why not give it a try?

1. Meeting a friend for a drink
2. Set aside 10 minutes a day to relax and collect my thoughts
3. Watching late night TV debates that deal with the realities of the world
4. Listening to relaxing music
5. Watching funny movies
6. Taking a good walk in the countryside
7. Going to the gym
8. Soaking in the bath with lavender oil
9. Meditating
10. Talking to someone just to vent a little
11. Walking the dog
12. Getting more sleep
13. Praying
14. Reading a book to distract yourself from your stressful thoughts
15. Do something good for someone else
16. Writing a letter to someone to get your feelings across and vent, but not actually sending it
17. Painting or drawing
18. Book a massage or spend time in a spa with a friend
19. Write a list of things to do and cross them off as you do them
20. Try putting things into perspective
21. Unplug the phone and get some time to yourself
22. Do something you like with family or friends like going to a show
23. Dancing around in your room to your favourite music
24. Going to your friend's house with another friend and putting the world to rights
25. Have a change of scenery
26. Go out and meet new people
27. Go to a yoga class
28. Express your feelings and emotions
29. Spend time with positive people around you
30. A hot cup of something wonderful, a journal and a pen
31. Eat a healthy meal and avoid caffeine
32. Getting closer with nature e.g. have a walk at beach, observing the sunset
33. Watch your favourite programme on TV
34. Give yourself 'me time' just a few minutes to think about pleasant things
35. Ask yourself what would other people do
36. Thinking of the work you HAVE achieved in a day, rather than what you haven't done
37. Relaxing with reflexology
38. Go to uplifting plays, operas and concerts that make the hairs on the back of your neck stand up
39. Go to bed at any time of day with a great book
40. Host a dinner party
41. Cheer up someone who is feeling down
42. Spend some time doing something you enjoy, like gardening
43. Writing down my thoughts
44. Play silly mind numbing games on the computer
45. Avoid putting things off
46. Find a quiet place and try to visualise a happy memory
47. Do something creative like knitting
48. Play a musical instrument
49. Play with your pet

50. Get some fresh air
51. Be gentle to yourself
52. Laugh!
53. Go window shopping
54. Write short stories
55. Call a loved one
56. Talk to a stranger
57. Practice CBT
58. Chat to your friends on Skype or Facebook
59. Take a nap
60. Take a break, even a short one can make a difference
61. Going for a walk at lunchtime
62. Write poetry
63. Enjoy a glass of wine
64. Cuddle a baby (ideally one you know – cuddles with my niece or nephew are amazing for destressing)
65. Spend time with children – they really put things in perspective, like ‘Wow there’s a cool cloud’, and remind you of simple things that used to amaze you
66. Go out to a Karaoke night
67. Imagine living in a different era, maybe war time or before cars and trains were invented and how much harder life would be
68. Bake a cake
69. Sitting in a café with a cup of tea and a magazine
70. Go for a relaxing swim
71. Sit on a park bench and watch the world go by
72. Tidy a room or cupboard (other people might find this stressful, but I find it relaxing!)
73. Challenge a friend to a game of Scrabble
74. Breathe deeply for two minutes, and focus on your breaths
75. Make something – knit a scarf, build an Airfix model
76. Write a list of the reasons you have to be happy with life
77. Take a minute to stretch your body
78. Use a relaxing room fragrance or scented candle to create a sense of sanctuary
79. Practicing Tai Chi
80. Looking at photos of happy memories
81. Have a cup of tea
82. Thinking of something you’re looking forward to or something that was fun
83. Go to the cinema
84. Aquafit classes at lunchtime
85. Go for a bike ride
86. Listen to the birds singing
87. Reminding yourself it could be worse and count your blessings
88. Playing board games with your family
89. Playing my favourite song and singing it out loud
90. Cleaning!
91. Practicing calligraphy
92. I find moving furniture around the house very soothing
93. Write a letter to a loved one
94. Play with my children
95. Watch some mind numbing programs on TV like X Factor
96. Go out for a run in the park
97. Volunteer at the local homeless shelter, it helps put my worries into perspective
98. Play Sudoku or crosswords
99. Read some gossip magazines
100. Go to a salsa class
101. Get a cuddle