



THIRTY STRATEGIES TO REDUCE STRESS

<u>Physical Remedies</u>	<u>Psychological Remedies</u>
1. Get Organized	1. Think of Yourself as Self-Employed
2. Proper Diet	2. Continue Your Education
3. Exercise	3. Set Long-Term Goals
4. Massage	4. Past Accomplishments Reference
5. Relaxation Exercises	5. Positive Visualization
6. Deep Breathing	6. Positive Affirmation
7. Stretching	7. Mental Vacation
8. Rut / Routine	8. Alter Your Interpretations
9. Walking Breaks	9. Understand Your Emotions
10. Music	10. Ask, "Is this Controllable?"
11. Sing	11. Quality Time
12. Hobby	12. Nickname
13. Smile	13. Contingency Plans
14. Laugh	14. Volunteer
15. Date Night	15. Pray

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