

STRESS BUSTERS

MAKE LISTS * TAKE A DEEP BREATH * EXERCISE * SING A SONG
* EAT RIGHT * CALL A FRIEND * LAUGH AT YOURSELF * ASK
OTHERS TO HELP * SMILE * SET REALISTIC GOALS * TAKE
BREAKS * PRIORITIZE TASKS * DELEGATE WORK * AVOID
CLUTTER * HAVE A HOBBY * KEEP NOISE DOWN * TALK THINGS
OUT * VISUALIZE A PEACEFUL SCENE * LEARN TO RELAX *
BUDGET TIME AND MONEY * MASSAGE TENSE MUSCLES *
REWARD YOURSELF * HAVE LUNCH * MEDITATE * SET LIMITS *
THINK POSITIVELY * COUNT TO 10 * CONFRONT YOUR
FEELINGS * WHISTLE A TUNE * AVOID JUNK FOODS * DO NECK
ROLLS * PRACTICE TEAMWORK * BELIEVE IN OTHERS * BELIEVE
IN YOURSELF * ENJOY SMALL PLEASURES * BE KIND * CRY IF
NECESSARY * REMEMBER TIME HEALS * TAKE A WALK *
GET ORGANIZED * BE FLEXIBLE * STRETCH OFTEN * CONTROL
YOUR WEIGHT * AVOID DISTRACTIONS * SET REASONABLE
DEADLINES * DON'T SWEAT THE SMALL STUFF * LEARN TO SAY
"NO" * FORGIVE AND FORGET * DON'T PROCRASTINATE *
REFLECT ON YOUR JOYS * ENCOURAGE OTHERS * GET UP
EARLIER * BREAK UP MONOTONY * SEE PROBLEMS AS
CHALLENGES * LOVE OTHERS * LOVE YOURSELF * STOP AND
SMELL THE ROSES * SCREEN YOUR CALLS * AVOID
UNNECESSARY MEETINGS * GIVE HUGS * ACCEPT HUGS * SEEK
OUT POSITIVE PEOPLE * BE FAITHFUL * READ GOOD BOOKS *
REMEMBER YOUR TRIUMPHS * LAUGH OFTEN * PRAY OFTEN *
PRACTICE DAILY BIBLE READING *

—via Berry's

Chapel bulletin

—via Berry's Chapel bulletin