

61 Ways to Manage Stress Right Now



1. Take a bath
2. Take a nap
3. Listen to music
4. Take a walk
5. Pet a furry critter
6. Watch a funny YouTube video
7. Imagine a relaxing scene in the mountains or at the beach
8. Practice progressive muscle relaxation
9. Meditate
10. Pray
11. Massage your neck, scalp, calves and feet
12. Take 10 deep breaths
13. Focus your entire attention on what you are doing right now
14. Get in bed and cover your head for 20 minutes. Lock the door.
15. Lay on the floor and rest your legs up on the wall
16. Drop your towels on the floor after you use them
17. Get a cheesy magazine at the grocery store, get in bed with chocolates and read it
18. Make yourself hot chocolate, bundle up in a chair and drink it slowly
19. Take a blanket to the park and sit on it the entire afternoon
20. Unplug your phone for an hour, half a day, or a whole day. Let your voicemail take your calls.
21. Take a 1-hour breather from work that needs to be done
22. Watch TV for an hour without doing anything else
23. Read your scriptures
24. Listen to a TED talk
25. Listen to a guided meditation
26. Sit in nature
27. Write a letter or email
28. Call a friend
29. Notice your body
30. Look at funny quotes and memes on the internet
31. Take a bike ride
32. Eat a good meal
33. Color with crayons
34. Turn off all electronics
35. Watch birds
36. Forgive someone
37. Take a drive
38. Stretch
39. Write a poem
40. Let go of something
41. Go to a farmer's market
42. Write a list of things you are grateful for
43. Write in a journal (about how awesome you are!)
44. Practice total acceptance of everything, just as it is
45. Go shopping
46. Indulge in your favorite treat
47. Get a massage
48. Get a pedicure and/or manicure
49. Watch a good movie
50. Meet up with a friend
51. Draw a picture
52. Organize your closet
53. Bake a cake
54. Read a book
55. Look at photos
56. Do yoga
57. Dance
58. Blow bubbles
59. Sing
60. Cry (it's okay.)
61. Read inspirational quotes