

Stress Reduction

35 SUREFIRE STRESS REDUCERS

1. Go to bed on time.
2. Get up on time so you can start the day unrushed.
3. Say “no” to projects that won’t fit into your time schedule, or that will compromise your mental health.
4. Delegate tasks to capable others.
5. Simplify and unclutter your life.
6. Less is more (Although one is often not enough, two are often too many).
7. Allow extra time to do things and to get to places.
8. Pace yourself. Spread out big changes and difficult projects over time, don’t lump hard things all together.
9. Take one day at a time.
10. Separate worries from concerns. If a situation is a concern, do what you can do and let go of the anxiety. If you can’t do anything about a situation, forget it.
11. Live within your budget; don’t use credit cards for ordinary purchases.
12. Have backups: an extra car key in your wallet, an extra house key buried in the garden, extra stamps, etc.
13. K.M.S (Keep Mouth Shut) This single piece of advice can prevent an enormous amount of trouble.
14. Do something for the KID in you everyday.
15. Carry a paperback with you to read while waiting.
16. Get enough exercise.
17. Eat right.
18. Get organized so everything has its place.
19. Listen to relaxing tapes while driving.
20. Write things down.
21. Everyday, find time to be alone.
22. Having problems (or these suggestions aren’t working)? Talk to supportive friends and/or see a UWL counselor.
23. Make friends with happy, non-stressed people.
24. Keep a folder of favorite cartoons or short funny stories on hand.
25. Remember that the shortest bridge between despair and hope is often a good night’s sleep.
26. Laugh.
27. Laugh some more.
28. Take your work seriously, but yourself not at all.
29. Develop a forgiving attitude (most people are doing the best they can).
30. Be kind to unkind people (they probably need it the most).
31. Sit on your ego.
32. Talk less; listen more.
33. Slow down.
34. Remind yourself that you are not the general manager of the universe.
35. Every night before bed, think of one thing you’re grateful for that you’ve never been grateful for before.

Source: Unknown origin



THE UWL COUNSELING
AND TESTING CENTER
STAFF ARE AVAILABLE
TO HELP THOSE STUDENTS WHO
ARE DEALING WITH STRESS AND
OTHER LIFE ISSUES. CALL
(608)785-8073 TO MAKE AN
APPOINTMENT TO TALK WITH A
COUNSELOR.