

15 Stress Reducers



- **Stay organized**
- **Laugh**
- **Relax your standards**
- **Get enough sleep**
- **Maintain a good diet**
- **Have some me time**
- **Practice breathing**
- **Progressive relaxation**
- **Choose stress free environment**
- **Maintain good self talk**
- **Positive peers**
- **Positive attitude**
- **Exercise**
- **Talk to someone about your stress**
- **Listen to music**