

Stress Reduction Cheat Sheet

- Get 7-9 hours of sleep every night.
- Remove or reduce caffeine.
- Eat meals and snacks that include protein, which stabilize blood sugar.
- Get your daily dose of B vitamins by eating lots of dark leafy greens, fish, poultry, nuts, seeds, beans, and richly colored fruits.
- Drink half your body weight in ounces of water per day.
- Get 30 minutes of aerobic exercise every day.
- Practice deep breathing – even 3-5 breaths can cause relaxation!
- Take a bath instead of a shower once per week.
- Do something you enjoy every day.
- Replace negative self-talk with a positive affirmation that feels good to you.
- Express your problems and worries in a productive manner. If you have a tendency to hold things in, talk with a family member or friend. If you have a tendency to speak about your problems frequently and in a repetitive manner, try writing instead. Consider counseling.
- Be present/"sensitive focus". Get out of your head by paying close attention to your bodily sensations and incoming sensory information. Try doing a body scan or slowly observing your environment.
- Consider a relaxing activity like meditation, yoga, tai chi or massage.