

Unhealthy Ways to Reduce Stress:
Use LESS of These Methods.

- Smoking cigarettes.
- Drinking alcohol.
- Using illegal drugs.
- Mesmerized in front of TV or video.
- Excessive Internet surfing.
- Overattention to appearance.
- Unnecessary shopping or spending.
- Gambling.
- Overeating, lots of junk food.
- Anorexia, bulimia, not eating enough.
- Social isolation.
- Sleeping too much, sitting doing nothing
- Overwork to exhaustion.
- Giving up on personal projects or goals.
- Avoidance of personal issues.
- Procrastination. Disorganization.
- Physical violence.
- Driving too fast and/or recklessly.
- Road Rage. Picking fights.
- Arguments about unimportant things.
- Emotional abuse of others.
- Overprotection/overcontrol of others.
- Gossip. Keeping track of others.
- Yelling, screaming explosions.
- Whining, complaining.
- Focusing on previous failures.
- Obsessive thoughts, compulsive actions.
- Overcontrol of every little thing.
- Perfectionism.
- Nailbiting, pulling hair out.
- Scratching, picking at skin.
- Self-mutilation, cutting yourself
- Other extreme thoughts or behavior.
- Add other bad habits you tend to use:

Healthy Ways to Reduce Stress:
Use MORE of These Methods.

- Know when to take a break. Slow down.
- Enough deep sleep.
- Healthy nutrition.
- Slow deep breathing.
- Stretching/Yoga.
- Meditation.
- Exercise, sports, dance.
- Take a walk.
- Alternate tensing and stretching muscles.
- Calming mental imagery/visualization.
- Biofeedback.
- Acupuncture, acupressure.
- Proactive problem-solving & prevention.
- Wash dishes, gardening, sew, laundry.
- Nature: the ocean, forests, mountains.
- Cook. Play catch. Do home repairs.
- Community service, helping others.
- Reach out, visit, call, email friends.
- Slow drive on back roads.
- Reading. Write in journal.
- Creative expression: draw, paint, etc.
- Play with children. Play with pets.
- Watch/Listen to comedy. Laugh.
- A good cry.
- Listen to music. Play music. Sing.
- Give a massage/Get a massage. Snuggle.
- Masturbate. Make love.
- Remember good memories.
- Remind yourself of previous successes.
- Tell stories to attentive listener.
- Pray. Think of all you have faith in.
- Most things in moderation.
- Balance of work and play.
- Add other good habits that are helpful:
