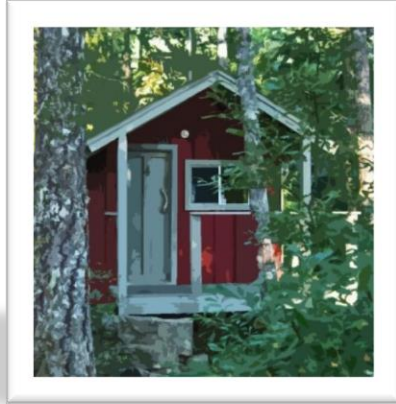




100 STRESS RELIEF TIPS FOR BUSY PEOPLE



By **Lisa Rickwood**, BFA, CPCC, GCDF



***“ON THE KEYBOARD OF
LIFE, ALWAYS HAVE ONE
FINGER ON THE ESCAPE
KEY.”***

- Anonymous

If you're feeling stressed and in need of a vacation, it helps to create a list of things you'd love to do. When inspiration hits, you're ready to begin. Here are a few ideas to get you started...

- 1. Say “No” more often**
- 2. Avoid or minimize time with negative people**
- 3. Make copies of important papers**
- 4. Ask for help with jobs you dislike**
- 5. Look at challenges as ways to improve, not negative**
- 6. Un-clutter your home, office, life**
- 7. Spend time with animals**
- 8. Smile more – find ways to be happy**
- 9. Give a friend a hug**
- 10. Spend a night studying the stars**
- 11. Look for unusual shaped rocks**
- 12. Spend more time with family and friends**
- 13. Read a poem**
- 14. Listen to a symphony**
- 15. Read a story in bed**
- 16. Try something new**
- 17. Buy yourself some flowers**
- 18. Appreciate all the things you do – big and little**
- 19. Strive for excellence, not perfection**
- 20. Stretch your limits every day**

21. Study a piece of art
22. Plant a tree
23. Feed the birds
24. Have a picnic in a park
25. Memorize a joke
26. Become a better listener
27. Write a challenge on a piece of paper, make a plane and throw it
28. Clean out one closet
29. Learn the words to a new song
30. Get to work early
31. Take a different route to work
32. Leave work early
33. Watch a movie and eat popcorn
34. Go to a ball game and scream
35. Cook a meal and eat it by candlelight
36. Write a note to a faraway friend
37. Remember that stress is an attitude
38. Keep a journal
39. Have a support network of people, places and things
40. Don't try to "fix" other people
41. Get enough sleep
42. Find a physical activity you love
43. Get up 15 minutes earlier
44. Watch a sunrise and sunset
45. Try a new restaurant
46. Take a day trip
47. Take a "sick" day and stay home and "do nothing"
48. Putter in a garden or just pick flowers in a forest
49. Learn a new instrument
50. Learn a new language
51. Go for a hike
52. Spend more time outdoors – we're not meant to stay indoors 24/7
53. Set priorities in your life
54. Simplify your meals
55. Don't rely on your memory – write it down and make it something fun

56. Focus on saying positive things to yourself
57. Visualize yourself winning
58. Develop a strong sense of humor
59. Walk in the rain
60. Soak in the tub or take a relaxing shower
61. Schedule play time into every day
62. Find a motivating song and play it when you need a “lift”
63. Have a “plan B”
64. Listen more and talk less – you’ll learn more
65. Put bottled water and healthy snacks in your vehicle and desk
66. Listen to great music to inspire you
67. Take an afternoon off
68. Take a day trip
69. Take a week-long trip
70. Play tourist in your own home town
71. Play a board game with children
72. Play hide and go seek with children or adults
73. Look for heart-shaped rocks
74. Play a game with balls
75. Grab your camera and take shots wherever you go
76. Grab a sketchbook and draw (no one needs to see the work)
77. Write poetry in your own new style
78. Watch movies and have a movie festival weekend
79. Spend a day reading and napping on the couch or on a blanket outside
80. Research into other careers
81. Take a mini course over the weekend
82. Buy something fun and frivolous
83. Sip on a yummy coffee at a bistro
84. Spend time with a long-lost friend
85. Bake cookies or something yummy and let the aroma fill your home
86. Crank the music loud in your car
87. Ride a horse
88. Swim in a river, lake, ocean, swimming pool
89. See something funny – a comedienne, funny movie, etc.
90. “Unplug” – turn off the phone, cell phone, laptop and do ‘nothing

91. Start a savings account for “fun” things
92. Try something that scares you (ex. Bungee jumping, river-rafting, etc.)
93. Take a new route to work
94. Turn on your favorite song and sing at the top of your lungs
95. Write down five favorite activities you did when you were nine years-old do one this week)
96. Take a hobby and add 30 more minutes to it per week (at least)
97. Sleep outdoors
98. Create a savings account for your long-range goals
99. Smile at strangers and watch their reactions
100. Do something nice for someone without them knowing it’s you

NOTE:

If you practice one or two of these fun ‘escapes’ every day for at least 30 days straight, you’ll experience less stress and more success!

MEET LISA...



Lisa Rickwood, BFA, CPCC, GCDF, is a Certified Life Coach, Career Development Practitioner, visual artist, and author of [Escape the Pace: 100 Ways to Slow Down and Enjoy Your Life](#), and more recently, [Tech-Free Vacations for Your Busy Life](#).

She is an authority on creativity, career planning, and helping people turn ‘chaos into calm’ while inspiring them to get focused, have fun, discover their talents and gifts, and escape the busy pace of life.

Lisa believes the best way to create more balance in life is to take frequent breaks from technology and ‘get out in nature and escape the pace.’ Nature is a buffer and antithesis to technology. As soon as you’re outdoors and not on a blue screen, you feel your stress and anxiety dissipate—fresh air, exercise, open space, a change of scenery—nature is magical.” (Excerpt from Lisa’s book, [Tech-Free Vacations for Busy People](#)).

Visit www.escapethepace.com for more information and feel free to email Lisa at : info@ecapethepace.com or visit her on Facebook, Twitter, Instagram or LinkedIn.