

7 Ways to Beat Everyday Stress and Have More Fun in Life!

Sometimes, it's not the big stressors in life that are draining away your ability to enjoy life. **It can be the little, everyday stressors that create stress and anxiety.** You'll never experience a time in your life when everything is perfect, but having too many things wrong can seriously impede your ability to smile.

Allowing these little stressors to accumulate is common. They can seem like too much of a hassle to address in the moment, so we put them off until another day. This can be a mistake. Many of these stressors are chronic. They might be small, but we're forced to deal with them day after day.

Try these ideas to manage the little stressors in life each day:

1. **Be more organized.** Reducing clutter can reduce the load on your mind and clear up your energy. Handling the little things leaves more internal resources for handling the bigger things.
2. **Make a list of all the things that get to be accomplished today!** These are many of the "little things" mentioned in the previous point. Things like bills that need to be paid, phone calls that need to be made, an oil change for your car, making an appointment with the dentist, and anything that's hanging over your head.
 - These may seem like minor things, **but they weigh on you 24 hours a day until complete.** Start taking care of these things even if only 1 thing today and avoid allowing them to pile up.
3. **Make a list of the things in your life that annoy you.** It might be the squeaky front door to your house, the dome light in your car that doesn't function, your wobbly chair at work, or the glare on the TV screen from the window at the front of the living room.
 - **These little things that get on your nerves over and over create stress.** Make a plan to address these issues and get them out of your life once and for all. Why suffer over and over each day?

4. **Avoid procrastination and manage step by step.** If the project seems too overwhelming, break the project into smaller manageable steps. Get started on one step at a time when you still have plenty of time to do them at a comfortable pace and do them well. The alternative creates way too much stress! Don't wait until you're under a lot of time pressure, and you don't have enough time to do them well.
5. **Schedule time to relax.** It's also important to use that time to do something you find relaxing. **Schedule time in your day for activities that you find calm and relaxing.** You might want to take a nap, read a book, go for a walk, or listen to music that makes you smile. Plan your relaxation time.
6. **Evaluate your relationships.** Think about your friends, family, neighbors, and coworkers. Which of your relationships could use a little fine tuning and what could that look like? Which relationships need a complete overhaul? And which should be dropped to open space for more aligned relationships?
7. **Take a look at your job.** You spend most of your waking hours during the week at your job, so it can be a major source of stress in your life. Maybe it's time to put your resume out there or to look at another position within the company.

Even if you're fortunate enough not to have any major stressors in your life at the moment, the little stressors can take their toll. **Manage these chronic stressors and you'll find that the quality of your life increases.** Take steps to reduce the everyday stress in your life.

BONUS for busy MOMS!!!

1. Watch the words you say a lot. Do you find yourself saying "I Can't", "I'm So Stressed", "I'm Overwhelmed" or "I'm Too Busy"? These words reinforce where we feel we are and then we feel even worse! **Key Point: Change what you say for empowering words.** For instance, change "I Can't" to "I've GOT THIS!". Change "I'm so stressed", "I'm Overwhelmed" and "I'm Too Busy" for "My Life is So Abundant!" This will change your energy and also shift what you are telling to your subconscious programming.

2. Get out of your head and into your body. Stress and anxiety generally come from the stories and excuses we are telling ourselves. Easiest way to shift is to move or do an activity we love. **Key Point: Move your body and invite your kid along with you.** Take your child on a walk, push the stroller or strap them on to the back of your bike. The first couple of times, they may fuss, but they will soon enjoy the activity. Or, try an activity like painting, or playing tag/running games. This will shift your energy and actually fill up your cup while still spending time with your child (as well as wear them out! 😊)

3. Just Breathe for a moment. Often, we get busy and thinking about all of the things on our to do list, that we spin in circles quite literally. This causes stress and anxiety to continue in that spiral. **Key Point: Stop and take a moment.** Smell the roses. Be in the present. Take a few deep breaths. Ground your body. Take a quick walk around the block. Pet the critter. Anything that will reset your mind is so very helpful.

What this does is it shifts where the mind was to where you want to go. The mind is like a 3 year old with ADD, with the added bonus that it generally thinks about the worst case scenario in every situation. The mind is trying to protect when this happens, and it just doesn't understand that we do not need this help anymore. Shifting the mind will reset it and then you can intentionally take the reins to feel peaceful and easy.

4. Have a support structure to remind you of your tools. Even as a coach, I sometimes find myself asking my coach, "Gosh, what can I do?" **Key Point: We have the answers inside of us, no one else knows the right answer for you.** Often a quick reminder of this tool or that tool, or even just a moment to "let it all out" will clear your energy and get you back centered!