



35 Helpful Tips for Alleviating Stress

1. Extend patience and grace to yourself!
2. Write a gratitude list/Journal.
3. Write a love letter to yourself.
4. Forgive yourself.
5. Detox emotionally for 30-Days,
6. Listen to your favorite song/speaker/poet.
7. Laugh daily.
8. Take a walk.
9. Read Perfect Patty Messed up Devotional by Carenda Deonne
10. Read The Miracle Morning by Hal Elrod
11. Be kind to yourself.
12. Pray/meditate.
13. Practice deep breathing.
14. Speak affirmations daily.
15. Set healthy boundaries. Let your no be no and your yes be yes.
16. Ask for help. Speak up.
17. Exercise and practice good nutrition.
18. Volunteer and give back to those in need.
19. Trust the process.
20. Pursue peace at all costs (Bonnie Harley).
21. Strengthen your social network.
22. Be still.
23. Set aside leisure time just for you.
24. Take a bath.
25. Drink a cup of hot tea.
26. Prioritize tasks.
27. Set healthy bedtime routines.
28. Celebrate your wins.
29. Listen to your intuition.
30. See a life coach, therapist, or counselor.
31. Stay up to date with preventative care tests/screenings.
32. Don't avoid conflict.
33. Pray for your friends and your enemies.
34. Manage your time on social media.
35. Give thanks in all things.