Some Simple Ways to Relieve Some Stress
(Add your own favorites at the end)

Watch a sunrise       Watch a sunset
Sing a song            Go to the beach
Hike in the woods      Blow bubbles
Give a hug             Ask for help
Listen to music        Take a walk
Dance                  Meditate
Have a cup of tea      Complete something
Take a break           Play with a child
Throw a ball           Hum a tune
Keep a journal         Play a drum
Get up early           Prioritize
Stroke a pet           Read some fiction
Lend a hand            Have an idle chat
Plant a flower         Indulge a “guilty pleasure”
Get a massage          Watch fish swim
Play a sport           Say “No”
Walk in the rain       Take a country drive
Take a bubble bath     Go to bed on time
Ask for what you need  Make love
Watch a fire or candle burn Stretch
Give a compliment      Smile
Take some photos       Sleep in
Make a list            Clean something
Say a prayer           Arrange flowers
Tell a story           Do a puzzle
Focus on your senses   Laugh out loud
Go barefoot            Whistle
Focus on the positive  Tell a joke
Paddle a canoe         Lie in the sunshine
Take a deep breath     Talk to a friend
Write a poem           Practice practice
Sit still              See a movie
Set limits             Paint a picture
Enjoy a reverie        Walk a labyrinth
Write a letter         Take a nap
Feed birds and squirrels
Pull some weeds         Run in the park
Eat some chocolate     Practice kindness
Watch a sunset