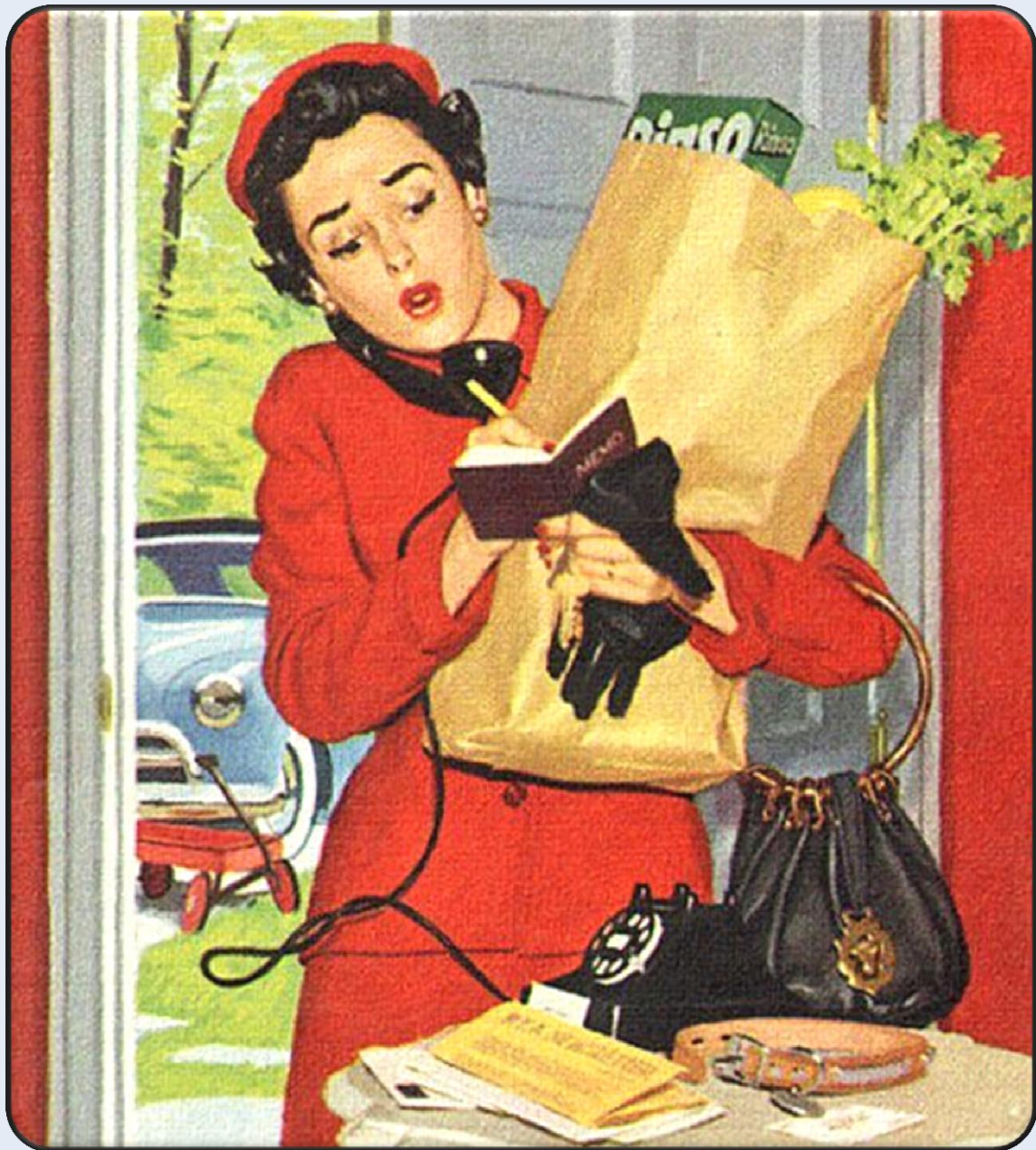


PositivelyHappy.Me

# 105 Ways To Stay Calm, Carry On and De-Stress Your Day



“

***Stress is an ignorant state. It believes that everything is an emergency.***      Natalie Goldberg

Are you keeping up?

Because the pace of modern life is frantic.

And it's all too easy to fall behind with commitments and responsibilities:

- Work
- Kids
- House cleaning and maintenance
- Bills
- Social engagements

There's an endless list of expectations and tasks on your already tyrannical to-do list.

You run like a frenzied hamster on a wheel but still can't keep up.

Because the truth is, most mornings just getting your ass out of the door on time is a major achievement.

And another frozen TV dinner on your return, a major culinary event.

And in between, that wheel never stops spinning, ever faster.

Stressing through every day in overdrive may seem inevitable, but it's definitely not sustainable.

You may not be able to stop that wheel completely, but you can slow it down - and get off once in a while :)

Here are 105 ways to de-stress your day so no matter what happens, you can stay calm, carry on and swap stressed out for chilled out.

P.S. Some of these resources cover more than one way to de-stress, but are so useful I've included them. Consider the additional points as a stress-busting bonus :)

# De-stress Your Morning Mayhem

Fortify yourself against the day's demands by consciously designing your own stress-free morning routine.

“

*Stress is when you wake up screaming and realize you haven't fallen asleep yet.” Unknown*

## 1. Get a good night's sleep.

If you're tired, tackling even the simplest of tasks can make you stressed and anxious. You struggle to concentrate, remember, make decisions or keep a positive mood. Sleep has so many benefits including stress relief. Here are [12 Surprising Ways Sleep Makes You Happy, Healthy and Wealthy](#) - and less stressed!

## 2. Wake up relaxed

Waking up right is as important as sleeping right. If you're alarm stresses you out then you can buy a recordable alarm clock and wake up to a soothing [self-recorded message](#) . Alternatively, you could use an [app](#).

## 3. Seize control of the day

Feeling out of control is one of the chief causes of stress. Start your day right by following these [10 Simple Steps To Boost Your Confidence In 10 Minutes A Day](#) - most of which can be done effortlessly, first thing in the morning.

## 4. Be a closet nerd.

Hang complete outfits together and be sure to choose a comfortable outfit the night before to eliminate morning dressing stressing. Consider going a stage further and find out [How to Build a Capsule Wardrobe](#).

## 5. Stop looking ahead.

Sometimes it's not what you need to get done, its how you look at achieving it. Looking ahead to your day or week can help you plan the stress out... but it's important to know how to avoid [Anticipatory Stress](#).

## 6. Get up 10-15 minutes earlier.

Everything you do is bound by the universal law of cause and effect. And your morning routine is no different. Find out why in [The 10 Minute Difference Between Stress and Happiness](#).

## 7. Simplify meal times.

Keep a weekly shopping list with only the ingredients for quick and simple to prepare breakfasts and easy packed lunches. Set up breakfast and lunch the evening before to save rushing in the morning. [3 Simple Steps To Simplify Your Meal Times](#).

## 8. Declutter your bag.

Empty your everyday bag every night. Put back only the essentials you'll need the following day so you can find those keys instantly! [Declutter Your Bag And De-Stress Your Life](#).

# De-stress Your Daily Commute

## 9. Take the road less traveled.

Does your traffic-heavy journey to work stress you out? Try going a different route and swap driving hassle for a deliciously exciting adventure. [How To Turn Every Day Into An Adventure](#).

## 10. Listen to a different station.

Listening to the news or depressing songs on the way to work is sure to stress you out before you even arrive. Instead try a different station, or a podcast and arrive at work [radiating positivity](#).

## 11. Turn the other cheek.

Taking things personally is a cause of stress in our lives. You're putting the effort into reducing your stress levels - not everyone is! So don't get [het up when cut up in traffic](#).

# De-stress Your Work

Work is a huge part of life. It makes enormous demands on your time and mental energy. Learning how to de-stress those critical 8-10 hours a day will give you peace of mind for more than half of your waking day. Just imagine leaving work with energy and enthusiasm to pour into the things you love.

“

*I love deadlines. I like the whooshing sound they make as they fly by.”* Douglas Adams

## 12. Decision fatigue.

If you've made too many decisions *before* you even arrive at work, then any work emergencies are likely to stress you out much quicker. Find out [How to Beat Decision Fatigue](#) and de-stress your day *before* it begins in earnest.

## 13. Neutralize negative co-workers.

We all know co-workers who consciously or not, exude negativity. Not only are they stressful to be around but some of that stressful negativity can rub off. So make sure you [Protect Your Positive Mood from Negative Co-Workers](#).

## 14. Use stress-busting quotes.

Sometimes you just need a small, bite-sized boost to help you de-stress and quotes are great at doing just that. Here are [30 Inspiring Quotes on Stress](#) that will help you de-stress without punching anything, or anyone 😊.

## 15. Stop overworking.

OK, this may be obvious, but overwork can not only cause your stress levels to soar, it can also damage your health long term. Here are [10 Proven Ways to Reduce Stress at Work \(And Why Overwork Could be Killing You\)](#).

## 16. Club together to beat workplace stress.

De-stressing on your own is a smart move, but getting others involved in the workplace could be even more effective. Why not [Start a laughter club](#) at work? There are few things more effective to de-stress than laughter.

## 17. Neutralize negative thoughts.

Worrying about that next meeting or deadline? A lot of workplace stress is caused by negatively imagining the future. [How to Overcome Stress, Fear & Uncertainty in Business](#) will show you why 'now' is the answer.

## 18. Visualize it.

No, I'm not suggesting you close your eyes and see your stress. Instead, here's a handy infographic to help you [Reduce Job Stress](#).

## 19. Take charge.

Do you feel like your workload is out of control? Or that *you* aren't in control at work? This is the [4-Step System You Need to Become Less Stressed About Work](#) or [5-Step Process for Handling Work Day Emergencies](#).

## 20. Learn from others.

Stop thinking you should have all the answers yourself. Instead, be smart and study those who've learn how to beat workplace or business stress so you can benefit from their proven strategies. [How Famous Business leaders Deal With Stress](#)



## 21. Refocus your mind.

Forgotten that appointment? Can't remember where you put those urgent sales figures? Memory loss can be caused by stress. [How To Improve Memory Power And Concentration By Eliminating Stress](#) will show you a way to reverse this.

## 22. Success not stress.

Do you equate business success with stress? Sometimes it seems that they go together. However, you want to ensure stress doesn't overpower you before you taste that sweet success you desire. Well here are [50 Ways To De-Stress Your Way To Success.](#)

## 23. Stay calm

Sometimes workplace frustration can lead to angry words or confrontations that you later regret. Take some of these [Tips for Stressful and Frustrating Situations - and stay calm!](#)

## 24. What to do if all else fails.

And if you've just had one of those weeks at work, then here are [10 Tips to Make It from Monday to Friday Without Killing Anyone](#) - including your boss.

## 25. Writing

Rather ironically, I became stressed while trying to include all the valuable resources I'd found in this post! So for all the writers reading this, here's [A 6-Step Writing Process to Blog More and Stress Less.](#)

## 26. Blogging

If you read the post above, hopefully it has helped de-stress your writing. But what about your *writing lifestyle*? [6 Simple Yet Effective Ways To Get Rid Of Blogging Stress](#) tackles this with some super helpful suggestions.



# De-stress Your Tyrannical Goals & To-Do List(s)

It's far too easy to add to the stressful situations that can barge into your life by adding a whole extra heap yourself. Being an ambitious, decent, contributing member of this great planet can easily lead to juggle an impossible to-do list!

## De-stress Your Motivation Sapping Goals

“

*God put me on this Earth to accomplish a certain number of things. Right now, I am so far behind I will never die.”*

Unknown

### 27. Stop multi-tasking, unless you're Bill Gates.

For most people, multi-tasking is not only unproductive, but also increases stress. Concentrate on [one thing at a time](#) instead.

### 28. Make an irritation list

I just heard about this tip from Jack Canfield, co-creator of Chicken Soup for the Soul. Write down [everything irritating you](#). Now write down one thing you can do to fix it.

### 29. Make a 'not-do' list.

Does your to-do list stress you out? I hear you! Maybe what you need is [The not-to-do list?](#)

### 30. Make a 'for the 'craic' list.

For anyone without Irish genes out there, 'the craic' roughly means 'fun'. And the one de-stressor that rarely gets on any to-do list is fun. Making time to do something just purely

because you love the idea is stress therapy 101. So here are [67 Ideas for Your “Just Because” Bucket List](#) - or 'for the craic' list:)

### 31. Stop making lists.

Maybe you should stop making to do lists altogether if they stress you out. So [Forget To-Do Lists. Focus on This Instead.](#)

“

*Half our life is spent trying to find something to do with the time we have rushed through life trying to save.”*

Will Rogers

### 32. Stop trying to do too much.

There's so much choice in the modern world that concentrating on one thing and doing it well, is hard. But doing a bunch of stuff - all badly - only leads to frustration. Instead take a look at these [10 Essential Rules For Living Your Best Life](#)

“

*There cannot be a stressful crisis next week. My schedule is already full.* Henry Kissinger

## De-stress Your Evenings, Weekends & Downtime

Having time to call your own, that's super precious. And if you spend it doing enjoyable, stress-free activities, you can recharge your batteries sufficiently to have the resilience to deal with the difficult-to-avoid pressure points in your week.



**“**  
*Don't underestimate the value of Doing Nothing, of just going along, listening to all the things you can't hear, and not bothering.* Winnie the Pooh

### 33. Get earthy.

Connect with Mother Nature - get gardening. If you haven't got a garden, get a window box. If you haven't got a window box, get a houseplant. Even a single guy we know who lives in his motor home part of the year has an air plant - whatever it takes, [De-stress Using Nature.](#)

### 34. Play.

As adults we just don't play enough. Play was invented to kill stress. Here's some [playful suggestions](#).

### 35. Do something unchallenging.

Watch your favorite movie for the 5th, 50th or 500th time. It really helps you to relax to do or watch something you know and therefore presents no surprises or challenges. See [why watching your favorite movie is good for you](#).

### 36. Journal.

Focusing on anything you can be grateful for takes your thinking out of stress-mode and into positive and optimistic thought patterns instead.

Here are 2 lists to help you get started- [100 Things I am Thankful For](#) and [Gratitude Rocks](#)

### 37. De-stress your downtime.

So you need to get away from it all? A holiday? However, holidays in themselves can be stressful. Not with these [3 Ways To Be Less Stressed For The Holidays](#).

## De-stress Your Cluttered Home

A cluttered environment is the perfect place for disordered, chaotic thoughts to flourish. Stress and anxiety will then soon take over as your logical thinking is constantly assaulted by too much visual white noise for the eyes. And that's without the stressful time dem~.l;/ands of forever cleaning, tidying, maintaining - agh!

“

*Don't own so much clutter that you will be relieved to see your house catch fire. Wendell Berry*

### 38. Two's a crowd.

Declutter your home of all the items that have somehow duplicated themselves while you weren't looking. And it needn't take that long if you use the [10 Minute Declutter: The Stress-Free Habit For Simplifying Your Home.](#)

### 39. Eliminate visual stress.

Forever looking around at untidy disorder and chaos simply reminds you that you aren't as in control of things as you want to be. Streamline your home to give yourself that much needed breathing space. Learn how less stuff equals [less stress.](#)

### 40. Create a 'Tranquility Corner'.

Choose an area of your home as your personal tranquility space. Create an atmosphere that feels welcoming, calm and grounded as a counter to the ever changing, frantic craziness beyond your door. [10 Tips To Make Your Bedroom A Tranquil Sanctuary](#)

### 41. Chill out with color.

Think about streamlining your color schemes – are they a slightly jarring bunch of colors shouting for your attention when you want to chill? [How To Use Color To De-stress.](#)

### 42. De-stress your bulging closets.

Give away any clothes that don't fit you. Delight in the joy that you've made someone else's day so much better and delight in fact that your life allowed you to have an abundance and help others who have less. See how [A Simple Closet Inspires A Simple Life.](#)

### 43. And if you're moving house.

Moving house can be very stressful - maybe leaving friends and memories behind for the unknown. To help de-stress your move, here are [Six Tips to Take the Stress Out of Moving.](#)

## De-stress Your Tedious Tasks

Mundane chores can seem doubly frustrating - they take up precious time you haven't got and need doing over and over. Yet, bizarrely they can also be powerful stress-busting tools...

“

*Nature abhors a vacuum – and so do I.* Anne Gibbons

### 44. Ironing.

This potentially mind-numbingly dull task can actually be a great form of relaxing meditation. Turning chaos into order is proven to reduce stress. Enjoy creating a stack of neatly pressed items out of a basket of wrinkles. [How To Relax While Ironing.](#)

### 45. Ditch the dishwasher.

In scientific tests, one of the best ways to de-stress was to wash up, old school style. Follow this [Washing Dishes Meditation.](#)

### 46. Pare them down.

Stop complicating your tasks and instead read this [Ridiculously Simple Way To Reduce Stress And Enjoy More Of Life.](#)

### 47. Create a little chaos.

Get or borrow a pet. A playful puppy or cheeky cat will turn any dull task into a riot. Deliberately creating a little chaos interrupts perfectionist thinking and can be fun - and de-stressing! [12 Ways Your Pet Can Improve Your Mental Health!](#)

# De-stress Your Technology

Sure you need to be connected and technologically smart, it's how life works today. But being over-connected or drowning in gadgets and apps is a recipe for stress and relentless interruptions. to your peace of mind. Simplifying the hold technology has on your day will greatly reduce your stress level.

## 48. Delete, Delete, Delete.

We will take over a trillion digital pictures in 2017 and many families have over 15,000 pictures and videos. Ditch unimportant memories and [declutter your mind](#). Keep only the super precious images you would pay hard cash to have printed and framed to hang on the wall.

## 49. Simplify your device.

Plug in to a distraction free environment by systematically removing all the non-essential distractions on your devices. If you haven't used icons, apps, links and bookmarks etc in the last month, you can probably live without them. Your new streamlined experience will result in greater productivity and less stress: [How to remove apps for iphone/ipad](#) or use [Unused App Remover For Android](#).

## 50. Go on a social media diet.

Get off Facebook and other social media if all you do is compare yourself negatively to others or check up on your ex. Who the hell needs that [kind of stress in their lives?](#)

## 51. Cull your contacts.

Simplify your contacts – if you haven't heard from them in 3 months, unless they bring you joy, delete them. Even if they've [friended you on facebook](#).

## 52. Tackle the source.

Sometimes the only answer is to go all out and [unplug at source](#). Are you brave enough?

“

*Life moves pretty fast. If you don't stop and look once in a while, you could miss it.* Ferris Bueller



## De-stress Your Finances

Money is one of the big stressors in life. The irony is, most people stress about not having enough, but when they do get more, they then stress about losing it. If you ever want to truly de-stress, you need to tackle those troublesome money worries for good.

“

*That the birds of worry and care fly above your head, this you cannot change. But that they build nests in your hair, this you can prevent.* Chinese Proverb

### 53. Make an enemy of your credit card.

Stop treating your credit card like the friend who will always get you out of trouble. Just because there is a culture of overspending, it doesn't mean you have to follow suit. Flip your credit card the bird and stop treating it [like a bottomless cookie jar](#).

### 54. Unsign from Amazon one-click.

And any similar one-click online shopping platforms. Oh, and [Amazon Dash - The Button We Don't Need](#).

### 55. Change your approach

Money itself is just a means to getting some things you want and a few that you need. But the ideas wrapped around what money represents are the ultimate stress-makers.

Take on a fresh, healthier perspective instead with [9 Stress-Reducing Truths About Money](#)

### 56. Instigate a shopping ban.

If all else fails, cut up your card and remove your store and credit card details online wherever you can. Stop adding to your financial shortfall by only buying essentials for a month. Then extend it for another. And remember, there are hundreds of things individuals and families can do for free, you don't always have to pay out. [The Ultimate Shopping Ban Guide](#).

## 57. Start small, dream big.

Stress feeds on the worry debt brings. Start gaining financial control by paying off just a little of that debt each month. [Get Out Of Debt: 12 Steps To Master Your Finances and breathe a little Easier.](#)

## De-stress Your Health and Diet

Food can be a comfort and a treat... but also a large cause of stress! Worrying about the health implications of what you eat can leave you frazzled and confused. But certain foods have some surprisingly effective stress-busting properties in themselves.



“

*I highly recommend worrying. It is much more effective than dieting.* William Powell

## 58. Orange juice.

You might associate Vitamin C with boosting your immunity. Did you know however that it can also help with stress-busting. Find out how with [Four Unusual Ways to Reduce Stress](#).

## 59. De-stress with a dinner party.

Sharing food with friends is one of the great de-stressors in life. But done wrong, it can lead to even more stress! So here's a [Checklist For A Stress-Free Dinner party](#).

## 60. Eat your way to de-stress.

By eliminating many of the overwhelming supermarket choices available, you can de-stress your shopping and build stress-busting foods into your diet. Be sure to include these [Top 10 Healthy Foods That Fight Stress](#) on your weekly shopping list.

“

*The biggest seller is cookbooks and the second is diet books—how not to eat what you've just learned how to cook.*

Andy Rooney

## 61. Try eating intuitively.

OK, what the devil is intuitive eating? Well, find out with [Intuitive Eating For Stress Freaks](#).

## 62. And if it works for you...

...here's more on [Intuitive Eating For Stress Freaks part 2](#).

## 63. Hormones

Your body has a superb natural alarm system - stress hormones are released to ensure you react fast in threatening situations. But when you feel constantly under attack from the pressures of life, that system goes into overdrive. Regaining that hormonal balance is critical to dealing with stress - [The Importance of Balancing Stress Hormones](#).

#### 64. If all else fails – have pie!

Sometimes you need to just indulge yourself in a delicious, comforting pie of the most heavenly sort. Here's a recipe for my [favorite pie](#) - yum!

“

*We must have a pie. Stress cannot exist in the presence of a pie.*      Davie Mamet

## De-stress Your Battered Body

#### 65. Seek advice.

You may have felt this way for some time but [Tired, Stressed and Sick is NOT Normal!](#) Stress can bring on a variety of symptoms such as fatigue, insomnia and digestive conditions. Seek professional advice for a thorough investigation of any unwell feelings you experience.

#### 66. Consider your stomach.

OK, you may not think there's a direct relationship between your stomach and your stress, but there is. And it's [via your brain](#).

#### 67. Listen to your body.

Tune into what your body is telling you about your stress levels. [10 Tips to Relieve Stress and Release Tension](#).

## 68. Frustration.

It's easy to inadvertently add to your stress by hanging on to anything that frustrates or stresses you. Running over and over irritations, arguments or annoyances will keep you in that stressed space. Instead practice [Letting Go of Frustrations & Stress](#).

## 69. Start with your breath.

Do you find yourself short of breath when you get stressed? A tight feeling in your stomach? Then [relaxing your breathing](#) is a good place to start.

## 70. End with your breath.

Controlling your breathing when you're properly stressed is so important that I've included another article on [How to Reduce Stress and Anxiety through Breath Work](#).

## 71. Yoga – de-stress poses.

Start your day by preparing yourself for your day with a super energy boost with [The 10 Minute Daily Invigorator](#). You'll be so much better prepared to deal with any difficult situations or an over-busy day.

## 72. Recharge.

The human body is amazing - too amazing. It fools you into thinking you can keep ploughing on, coping, managing and pushing on through relentless stress. But, be warned, breaking point doesn't usually come with a warning - [The Theory of Cumulative Stress: How to Recover When Stress Builds Up](#). Now is absolutely the time to tackle your stress levels!

## 73. Relaxation techniques.

Whatever has stressed you out, get back to calm with some easy [Relaxation Techniques & Stress Relief](#). Some can bring instant relief in the midst of a stress situation. Others will help you restore your peace of mind when you have the chance to be in a quiet space.

## 74. And if all that fails...

“

*There must be quite a few things that a hot bath won't cure, but I don't know many of them.* Sylvia Plath

And throw in a couple of [bath bombs](#) to completely relax.

## De-stress Your Burning Brain

“

*Stress is nothing more than a socially acceptable form of mental illness.* Richard Carlson

## 75. Say heck to perfection.

Cut yourself some slack and ask yourself 'will the sky fall down if this isn't perfect?' Adopt '**Good enough is the new perfect**' as your mantra. and read [How To Escape The Trap Of Perfectionism](#).

## 76. Change your habits.

What makes you stressed in the first place can often be a matter of your habit. Break the habit and you break the stress. Steve Scott is rightly known as the Habit Guy and can show you the [amazing effects good habits have on stress](#).

## 77. Focus on the positive.

Focusing on the negative is no way to de-stress. Negative thinking however comes in many different forms - some are not so obvious. [Twelve Secrets to Living Without Stress and Anxiety](#).

## 78. Be optimistic.

Looking on the bright side of life can significantly help reduce stress. [Tap Into Your Inner Optimist And Stress Less](#)

## 79. Give up control.

At the end of the day there are many things in life that we don't really have much control over. Accepting this can help you [Stress Less Live More](#).

## 80. Cultivate a mindful mind.

Stress is an illusion. A very convincing one, for sure because it is created by our mind. The good news is, our mind can also [Turn Stress Into Serenity](#).

## 81. Focus, or de-focus.

People seem to disagree about whether meditation is actually about focusing intently on something, or de-focusing on nothing. Either way, they all agree that [meditation can help ease stress](#).

## 82. Be-friend stress.

Rather than seeing stress as the enemy, work out [How To Make Stress Your Friend](#). Are you open to trying?

## 83. Find your balance.

A little bit of stress can actually be good for you if it gets you off the sofa and into action mode. However, at the other extreme, too much stress can actually paralyze you. What you need is to [find your balance](#).



## 84. Write stuff down.

Don't constantly rely on your memory, that's just one more stress you don't need. For the times you really do need to rely on memory, [do it right](#).

## 85. Have a mind mantra.

Decide that you're going to tackle stress as soon as you recognize the symptoms. It can also work really well to look ahead and be prepared if you know a difficult situation is going to gallop into your day - [Understanding Stress: 8 Ways To Take It On](#)

## 86. Change your mind on stress.

You can be in control of how stress affects you by changing how you think about it. You need the [One Simple Trick To Turn Crippling Stress Into Your Ultimate Strength](#).

## 87. Change your response.

There might be a whole heap of situations, people or events that make you feel stressed. But many of your stressful times might be avoidable if you master [How To Stay Blissfully Calm In A Stressed-Out World](#).

## 88. Swap stress for serenity.

No matter what has crashed into your day, you still have your greatest ally - your peace of mind. Sure, it might seem to have gone AWOL. But in truth, it's just been overshadowed - [How To Replace Stress With Inner Peace](#).

## 89. Find your happy place.

Just because you're physically somewhere, doesn't mean you need to be there mentally. After all, we all dream of being on a tropical beach when stuck at work! [Where Is Your Happy Place?](#)

## 90. Let stress go.

Stress will soon lose its grip on you if you can [Let Go of Everything \(Fear, Worry & Stress\)](#). And it's not as difficult as you think.

## 91. Find your de-stress formula.

Having a simple system to deal with stress can save you from letting it build up into a total monster. Use these [6 Steps To Relieve Stress Using The STRESS Formula](#).

## 92. Mnemonics.

Learn how your memory can serve you as a super powerful defense against stress. Also discover how to eliminate stress and depression using your memory with this invaluable podcast: [Dr Jim Samuels Talks About How To Reduce Reduce Stress With Mnemonics](#)

## 93. Focus on your dreams.

Unexpected change can feel very stressful. That is until you have these [10 Tips on How to Trust and Thrive \(Instead of Stress and Survive\) in Turbulent Times](#).

## 94. Take your medicine.

Does stress make you ill? If so, then what you need to do is to [take your stress medicine](#).

## 95. Stop beating yourself up.

One of the most effective ways to beat stress is to take the pressure of yourself to be perfect. Be human and you'll have grasped [The Easiest Way To Kill Stress And Tension](#).

## 96. Don't avoid stress.

I'm no lover of stress, but it has to be said avoiding stressful situations can be counter-productive. In the end, life can become smaller and smaller. Instead, learn [How To Manage Stress](#).

## 97. Understand stress.

Often, what leads to worry and stress is the unknown. The more we know about a situation or thing, usually the less afraid of it we are. Unless we're learning more about the habits of giant flesh-eating raptors, but then you usually also learn that most of them are extinct - phew! So bone up on [What is Stress & Why You Might Experience it More Than Others](#).

## 98. Work out what 'type' you are.

Different people respond to stress in different ways. [Are you a Type A?](#)

## 99. Stop reacting

Has stress got you running in circles? Perhaps it's time to stop running and start fighting. How? by reading [Action Versus Reaction](#).

“

*I try to take one day at a time, but sometimes several days attack at once.*

Jennifer Yane

## 100. Live in the present.

Regretting the past is guaranteed to make you a permanently stressed-out bunny. The present, the here and now is the only place to de-stress. Tackle [past regrets here](#)

## 101. De-stress your speech.

What you put in to your brain causes stress. And what you say, goes straight into your brain. So [change the words you use](#).

## 102. De-stress your reading.

Reading negative books and magazines can lead to more stress. You would do well to try James Clear's [Recommended Reading List](#).

### 103. Visualize it away.

Communicate with your subconscious to defeat stress. Visualization techniques can be very simple to build into your stress-busting toolkit. See how to use [visualization exercises](#) to de-stress.

### 104. Affirm it away.

You may believe in affirmations or not, but if they work for you, go for it. Positive affirmations can help you de-stress and stay calm [101 Life-Changing Thoughts To Practice Daily](#)

### 105. De-stress YOU.

And most importantly, forgive yourself. Make peace with yourself for all that you've done and not done, for all that you've said and not said, for all that you've tried and failed. [Stop Beating Yourself Up Over Your Imperfections](#)

## Kick Stress To The Curb

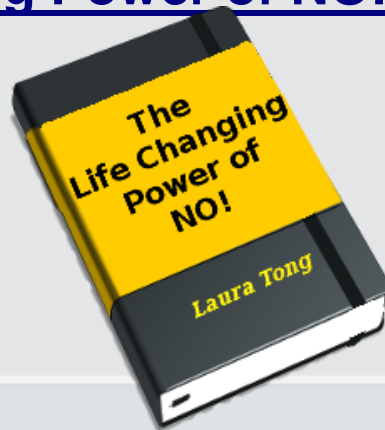
It's time to get out of hamster mode and into cucumber mode (well, have you ever seen a stressed out cucumber?)

Stress is a habit and like all habits, can be broken.

So don't put up with stress ruining your day any more. When you feel you need to de-stress, reach for these resources, stay calm and carry on with your day.

One of the most important ways to beat stress is to stop overwhelm by learning to say 'No'.

## [The Life Changing Power of NO!](#)



Are you constantly running around getting stressed and overwhelmed? Then learn how to:

- Say 'no' guilt and conflict-free.
- Say 'no' and have time for the things you love.
- Say 'no' and say goodbye to stress and overwhelm.

**Includes word for word scripts so you can say 'no' to anyone without being aggressive or creating conflict.**

[Just click here](#) to be the first to know when my new book [The Life Changing Power of NO!](#) is available. As an extra bonus, you'll also receive a special discount on the published price.

**Your mouth is making promises your heart can't keep.** [Click here](#) to escape a lifetime of unwanted stress!

I hope this resource is of real help to you.

***What one thing are you struggling most with in your life right now?***

Just hit reply and let me know. I read all emails :)

P.S. Just a single line telling me the one thing you are struggling most with in life right now is great. Just [contact me here](#).

If you found this cheat sheet helpful, please tell your friends. You can share it by clicking the link below.

[Give it a tweet](#)

[Share on Facebook](#)

[Pin it](#)

*Speak to you soon.*

*Laura*

