Stress Reduction and Health and Wellness

Toolbox

Stress Reduction and Wellness Promotion Strategies

- Look beyond your stress, and see the flowers.
- Spend time with positive role models.
- Practice gratitude for life.
- Develop healthy life rituals, and focus on harm reduction.
- Give up show business; find your integrity.
- Ask for help.
- Set realistic expectations.
- Develop cognitive bumps and cognitive thinking skills.
- Aerobics
- Meditation
- Progressive Relaxation
- Breathing
- Listening to soothing music.
- Self-hypnosis
- Grapho-coaching
- Physiological Jam – Smile and eyes to the sky
- Healthy diet
- Schedule breaks and time for you.
- Humor and fun scheduling
- Proper sleep
- Be aware of Ultradian rhythms.
- Consult your doctor about vitamins and supplements.
- HaKu
- Thought Field Therapy – tips to help you be honest with yourself.
- State management in relationship with time management
- Journaling
- Spiritual development
- Activity scheduling
- Passion development (e.g., hobbies, volunteer)
- Spend time healing and building relationships.
- Drink lots of water.
- Learn Choice Theory.
- Practice positive self-talk.
- Aroma therapy
- Massage therapy
- Guided imagery
- Get out of potentially dangerous relationships and positions.
- Questioning strategy
- Self-esteem workshop
- Reading and studying books that focus on issues you are working on.

1. Review the list.
2. Determine if you know what each technique is.
3. Determine what you think each technique is: behavioral, physiological, cognitive or emotional. Can be more than one area.
4. Pick ten you like.
5. Pick two and start TODAY!
- Improve your romance.
- Determine your blocks, and work to overcome them.
- Define your values.
- Define your life purpose and vision.
- Define your daily goals and outcomes.
- Determine criteria for success, and how you will measure it.
- Creative writing and storytelling
- Toast Masters
- Outdoor activities
- Walking
- Explore your countryside and look for gems.
- Emotional IQ development
- Conflict resolution skills
- Flexibility training (change)
- Participate in or watch community theatre.
- Family activities
- Camping
- Painting and drawing
- Hackla
- Gardening
- Relaxation stress ball
- Hot tub
- Dinner out
- Movies
- Emotion log
- Take a course
- Go for a relaxing drive
- Headache removal technique.
- Thought Field Therapy – general tapping protocol
- Get a financial plan and/or planner working.
- Get regular check-ups.
- Take an experiential outward-bound program.
- Timeline Anxiety Removal strategy
- Learn your basic personality style, and how to contrast to your environment.
- T’ai Chi
- Yoga
- Weight training
- Travel that you can afford
- Take a vacation.
- Take a parenting course.
- Develop a personal resource list.
- 2-week positive projection commitment
- Reduce intake of alcohol and caffeine.
- Stop smoking!
- Do educational development worksheets in areas seeking personal development.
- Become aware of personal weakness via 360-degrees to find blind spots.
- Communication and verbal intervention skills
- Understand basic stress and burnout theory for risk management.
- Avoid negative comments about others.
- Get an e-pal.
- Get a daily email quote sent to you.
- Treat yourself, and celebrate your success.
- Organize your space.
- Explore career development.
- Kung Fu/Karate
- Support others to be successful.
- Develop a problem-solving model.
- Color therapy
- Autogenetics
- Assertiveness training
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- Applied relaxation therapy
- Learn Behavior Modification.
- Coping skills training
- Job Stress Coping Interventions
- Body Awareness
- Biofeedback
- Thought Stopping
- Make your own relaxation tape.
- Relapse prevention model
- Practice daily affirmations.
- Honesty log; practice telling yourself the truth.
- Accept the reality of power of choice.
- Take a creativity workshop.
- Ensure you do not have an addiction.
- Explore a spa for a day.
- Get a new look; change can be fun.
- Write a book.
- Take music or dance lessons.
- Improve your physical immediacy.
- Workflow strategies
- Join a community-based service group.
- Energy concerns; screen for food allergies.
- Monitor sugar intake.
- Clear residual stress with the help of a pro.
- Wake up with Breath Fire.
- Prayer
- Listen to tapes on topics of interest.
- Search the Internet for wellness techniques.
- Subscribe to an email newsletter.
- Get an accountability partner.
- Drink herbal tea.
- Adult play therapy
- State management techniques
- Solution Group Program
- Personal breakthrough therapy
- Get an aquarium.
- Applied Kin.
- Read your religion’s core documents.
- Read *Power vs. Force*.
- Define your core values.
- Take a relationship building workshop.
- Take a course in home improvement or basic mechanics.
- Fly a kite.
- Swimming
- Skating
- Skiing
- Sailing
- Scuba Diving
- Skateboarding
- Sewing and knitting
- Narrative story telling
- Magnetic therapy
- Reduce fat, balance diet.
- Write a poem.
- Use stress reduction tapes.
- Listen to your favourite comedian.
- Take a class to learn something new.
- Have a support system in place to debrief stress.
- Measure and monitor your eating patterns.
- Eliminate caffeine.
- Commit to be positive.
- Map yearly stress patterns, and make corrections.
- Take a 10-minute break every 90 minutes.
- Learn who you stress and then stop.
- Do work that needs the most concentration early in the morning.
- Become aware of organizational stress patterns.
- Keep an up-to-date to-do list.
- Get as much natural light as possible.
- Drink 1.5 litres of water per day.
- Avoid being pressured into tasks.
- Learn to say no.
- Book one hour a week for alone time.
- Meet new positive people.
- Date your partner once a week.
- Learn to talk about your emotions and feelings.
- Be active in professional development.
- Monitor daily problems for patterns then intervene when appropriate.
- Set realistic life goals both personally and professionally.
- Eat a good breakfast.
- Learn to play an instrument.
- Learn to paint.
- Take an acting lesson.
- Take a dance lesson.
- Take a golf lesson.
- Get a pet.
- Take a vacation.
- Get a housekeeper.
- Treat yourself.
- Write a love letter.
- Take a computer course.
- Attend a reunion.