

39. Label situations differently. Are you really “furious” about something, or are you simply *angry* or *annoyed*? Are you crushed, or are you *let down* or *disappointed*? Labelling situations appropriately instead of exaggerating them can reduce stress.

40. Stop worrying if you can’t do anything about a situation.

41. Live in the *present*.

42. Be kind to unkind people - they probably need it the most.

43. Unplug your phone or switch on your answering machine while you take a bath, have a dinner, etc.

44. Don’t sweat the small stuff.

45. Laugh! It puts distance between you and your problems.

46. Make promises sparingly and keep them faithfully.

47. Remember the best things in life aren’t things.

48. Buy clothes and shoes that are comfortable, easy and inexpensive to maintain, and easy to match with your other clothes.

49. Using the TV or radio for background “company” can be surprisingly stressful. Learn to enjoy quiet.

50. Count to 100 before saying anything that could make matters worse.

A reproduction of 50 Proven Stress Reducers from the Hope and Heart Institute.

## CU Healthy

**HCS** wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website ([carleton.ca/health](http://carleton.ca/health))
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or [cu\\_healthy@carleton.ca](mailto:cu_healthy@carleton.ca).



2600 CTTC Building  
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1. Many things are “stressful” simply because we don’t allow ourselves enough time to complete them. Find ways to take the *hurry* out of your everyday tasks and responsibilities.

2. Get out of bed 15 minutes earlier to avoid the morning rush.

3. Prepare for the morning the evening before (set out clothes, breakfast, lunch, etc.)

4. Write things down; don’t rely on your memory (Trying to remember not to forget is stressful).

5. Ask questions, repeat back directions, repeat what you heard the other person say, etc. Taking an extra minute to be *sure* you understand can save time and prevent frustration.

6. Keep a duplicate car key in your wallet; bury a duplicate house key in your garden.

7. Practice “preventive maintenance” on your car, appliances, teeth, personal relationships, etc. so they won’t break down at the worst possible moment.

8. Add an ounce of love to everything you do.

9. Eat healthy foods. Don’t overeat (always leave the table feeling a little hungry).

10. Procrastination is stressful. Whatever you want to do tomorrow, do it *today*; whatever you want to do today, do it *now*.

11. Organize your home and work area so that everything has a place so you do not lose things.

12. Simplify.

13. Plan ahead. Don’t let the gas tank get below one-quarter full; buy bus tokens and stamps *before* you need them, etc.

14. Schedule a realistic day. Allow ample time between appointments; make a “to do” list and cut it in half.

15. Relax your standards. The world won’t end if the grass isn’t mowed this weekend.

16. 30 minutes of brisk walking or other aerobic exercise is an instant cure for most stress.

17. Make everyday purchases by cash or debit; save credit cards for *major* planned purchases.

18. Make friends with non-worriers.

19. Find time for solitude and introspection everyday. Seek out quiet places.

20. Be patient - you will need someone to do the same for you sometimes.

21. Say “No, thank you” to projects you don’t have the time or energy for.

22. Always carry reading material to enjoy while waiting in lines or for appointments.

23. Remind yourself that Wayne Gretzky didn’t score every time he shot the puck.

24. For every one thing that goes wrong, there are 50 to 100 positive aspects. Count them.

25. Do nothing which leads you to tell a lie.

26. Do unpleasant tasks early in the day and get them over with.

27. Think before you speak. Before saying anything, ask yourself if what you are about to say is 1) true, 2) kind, and 3) necessary. If it is not all three, don’t say it.

28. Do one thing at a time.

29. Donate extra belongings. Limiting what you have will make things easier to find.

30. Write your thoughts and feelings in a journal. This can help you clarify your ideas and put things into the right perspective.

31. When someone cuts you off in traffic, stops suddenly, etc. - think of all the driving mistakes you’ve made instead of getting mad.

32. Remember that everyone around you is carrying some kind of burden.

33. Get enough sleep. Use an alarm clock to remind you to *go* to bed, if necessary.

34. Set up contingency plans: “If either of us is delayed, here’s what we’ll do,” “If we get separated in the Mall, here’s where we’ll meet,” etc.

35. Breathe as if you were trying to inflate an imaginary balloon in your stomach for instant relaxation.

36. Turn “needs” into preferences. Our body’s basic needs are food, water, and keeping warm. Everything else is a preference.

37. Don’t put up with things that don’t work right. Get things fixed, or replace them.

38. Do at least one thing you really enjoy everyday.