



## 33 HELPFUL TIPS FOR ALLEVIATING STRESS

- ✓ Trust the compound effect. Less is more
- ✓ Write a gratitude list
- ✓ Write a love letter to yourself
- ✓ Detox emotionally
- ✓ Forgive yourself
- ✓ Read Perfect Patty Messed Up Devotional
- ✓ Listen to your favorite song/speaker
- ✓ Laugh daily
- ✓ Be kind to yourself
- ✓ Pray/Meditate
- ✓ Practice deep breathing
- ✓ Take a walk
- ✓ Speak daily affirmations
- ✓ Pursue peace at all costs (Bonnie Harley)
- ✓ Set sustainable boundaries
- ✓ Exercise and practice good nutrition
- ✓ Ask for help
- ✓ Trust the process
- ✓ Strengthen your social network
- ✓ Volunteer/Help others
- ✓ Set aside leisure time
- ✓ Take a detox bath
- ✓ Drink a cup of detox tea
- ✓ Prioritize tasks
- ✓ Set healthy bedtime routines
- ✓ Celebrate your wins
- ✓ Listen to your intuition
- ✓ Seek a coach, therapist or counselor regularly
- ✓ Stay up to date with preventative care concerning your health
- ✓ Don't avoid conflict
- ✓ Pray for your friends and your enemies
- ✓ Manage how much time you are on your cell and social media
- ✓ Give thanks in all things