

10 Tips To DE-Stressing While On The Go

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1. **Manage your change.** If you have to move, pack a few boxes every night instead of waiting until the weekend and working at it all day. If you have to look for another job, pretend you are a researcher and ask if you can interview your perspective employers. Get trusted advisors to help you manage your life.
2. **Breathe.** That's right. Stop and breathe in and out slowly; counting to 10 in and 10 out. Do this 20 times. Forcing yourself to concentrate on your breath gives your racing mind a break. Down time is regenerating.
3. **Google that.** Are you spending minutes even hours looking for something you can't find? Google up answers, recipes, even info. to settle arguments. With the world library at your finger tips you can save huge amounts of time. Pay bills on line creating home sites that you can visit from anywhere in the world.
4. **Pros and Cons.** When you are stressed out about having to pick the lesser of two evils try making up a list of pros and cons. What is the worst case scenario? Can you live with that? How could you get the best scenario?
5. **Bird's eye view.** One of the best ways to determine how important things are that stress you out is to put the triggering incident in perspective. Ask yourself, how important will this be in 5 hours, 5 years, 50 years, 500 years? Put your mind on things that will matter in 50 or 500 years. Choose what to focus on.
6. **Sing along.** Put down the cell phone and crank up the tunes. When you are stressing out, your brain can't do its best problem solving. So stop making every minute and inch of your world be switched to 'on'. Tell the office you were out of reach. Then crank up the tunes and YES, sing along. The action of breathing rhythmically and vibrating tones in your chest can calm you. Make your own CDs with your favorite sing along music.
7. **LOL.** Laugh out loud and boost your endorphins. One of the best ways to counter feeling stressed, anxious and under-the-gun is to laugh. Norman Cousins' breakthrough work showed that laughter produces healing. When your system has been running non-stop for too many hours, days or years it is important to take silly breaks. Watch funny movies 4Xs a week, instead of crime scenes, news, serious documentaries or war movies.
8. **KISS.** I don't mean "Keep-It-Simple-Stupid". Sometimes "It" is out of your control. The rent is hiked up, gas prices are up, or your hours are cut. There is nothing more annoying than someone telling you stress is not real. If you want to pay bills then stress gets very real. But stress can also kill you. So take time to kiss, touch, hug, snuggle in the middle of a very bad day, week, year. If you live alone, get a pet. If you are allergic, then get a very fluffy blanket and snuggle with it. Physical comforting soothes the nerves and gives you energy.
9. **Daydream.** Einstein called daydreaming 'thought experiments'. To problem solve answers to the pressures that are stressing-you-out, play a little game. What if I could do what I love and get paid for it? What do I have left and what can I do with that? What can I make or do that others will pay for? Who can help me?
10. **Love.** Things may look bleak, the threat of losing your livelihood may be real, your spouse may be leaving you, but choosing to love others is a key to overcoming stress. Your value is not found in who loves you, but in who you love and how. Reach out to the less fortunate. Give of your time and money to the community unconditionally. Even try giving anonymously. "Get a life" should actually be "give your life". Stress can be subdued by knowing that who you are makes a difference to others. You can't always control stressful events, but you can choose how you react to them.