

# 101 ways to Cope with Stress

Adapted from "101 ways to copy with stress,"  
by Brett Phillips, a California high-school  
psychology teacher

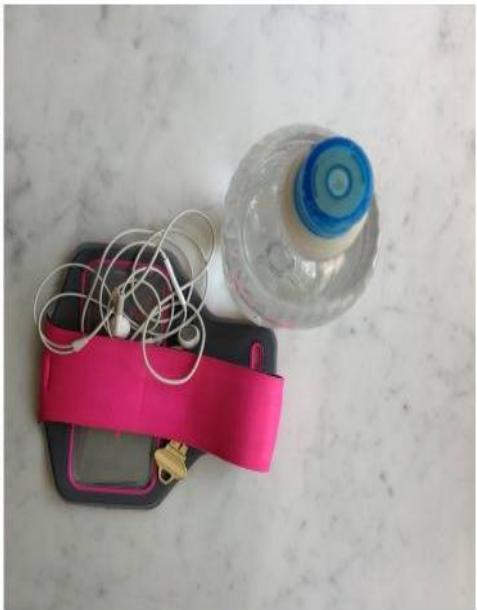
# 1. Get up 15 minutes earlier

I **love** waking up early.



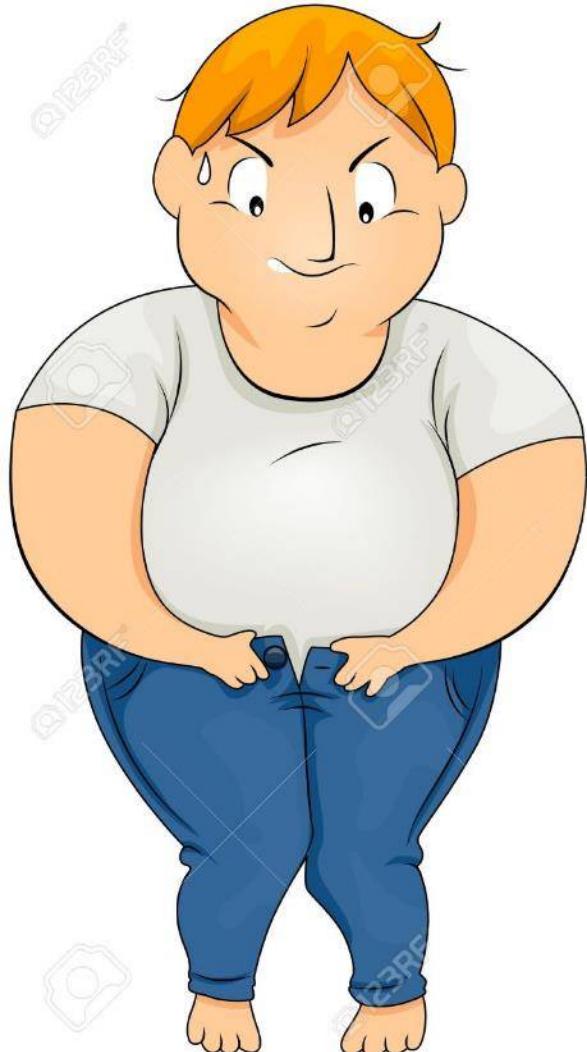
**101 Ways to cope with Stress**

## 2. Prepare for the morning the night before



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### 3. Avoid tight fitting clothes



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# 4. Avoid relying on chemical aids



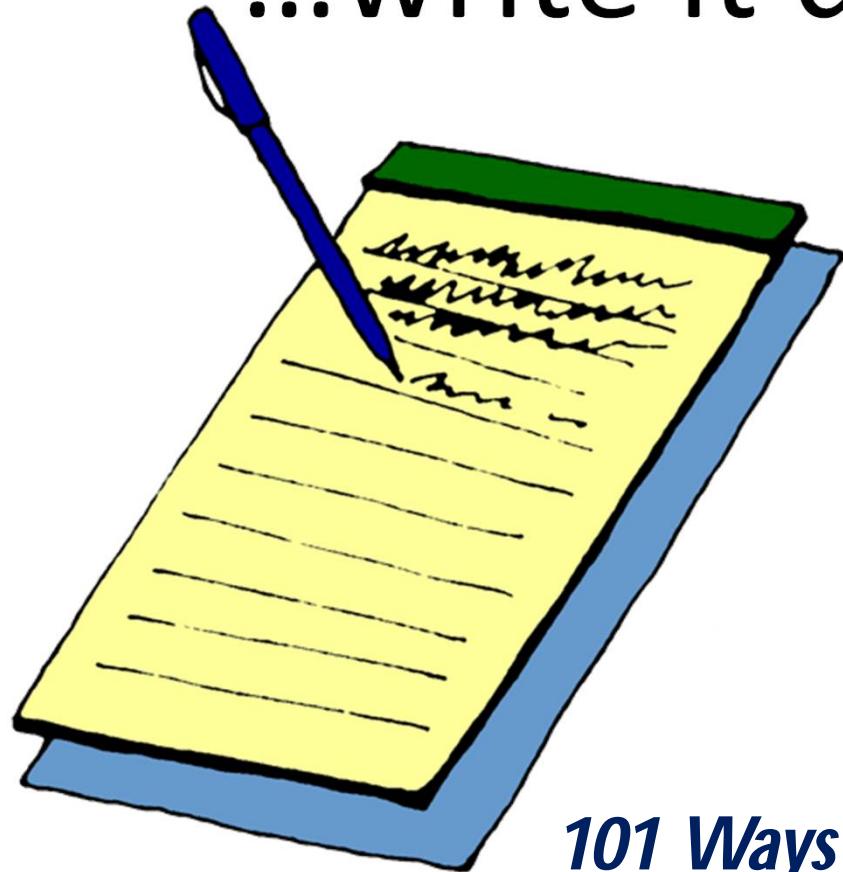
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# 5. Set appointments ahead



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6. Don't rely on your  
memory  
...write it down



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# 7. Practice preventive maintenance



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# 8. Make duplicate keys



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# 9. Say 'No' to distractions more often



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# 10. Set priorities in your life



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# 11. Avoid negative people



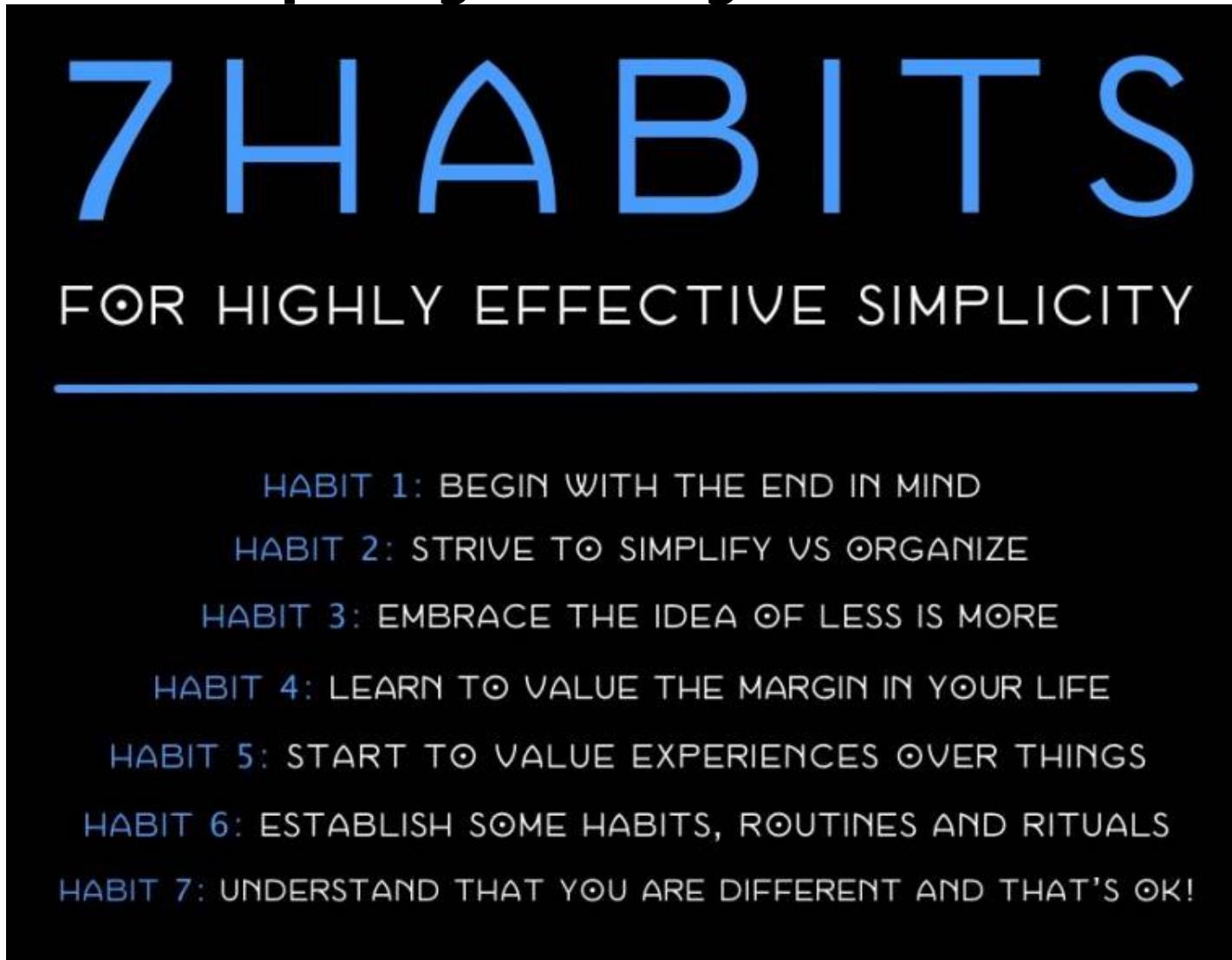
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# 12. Use time wisely



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# 13. Simplify daily routines



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# 14. Always make copies of important papers



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# 15. Anticipate your needs



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# 16. Repair anything that doesn't work properly



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# 17. Ask for help when you need it



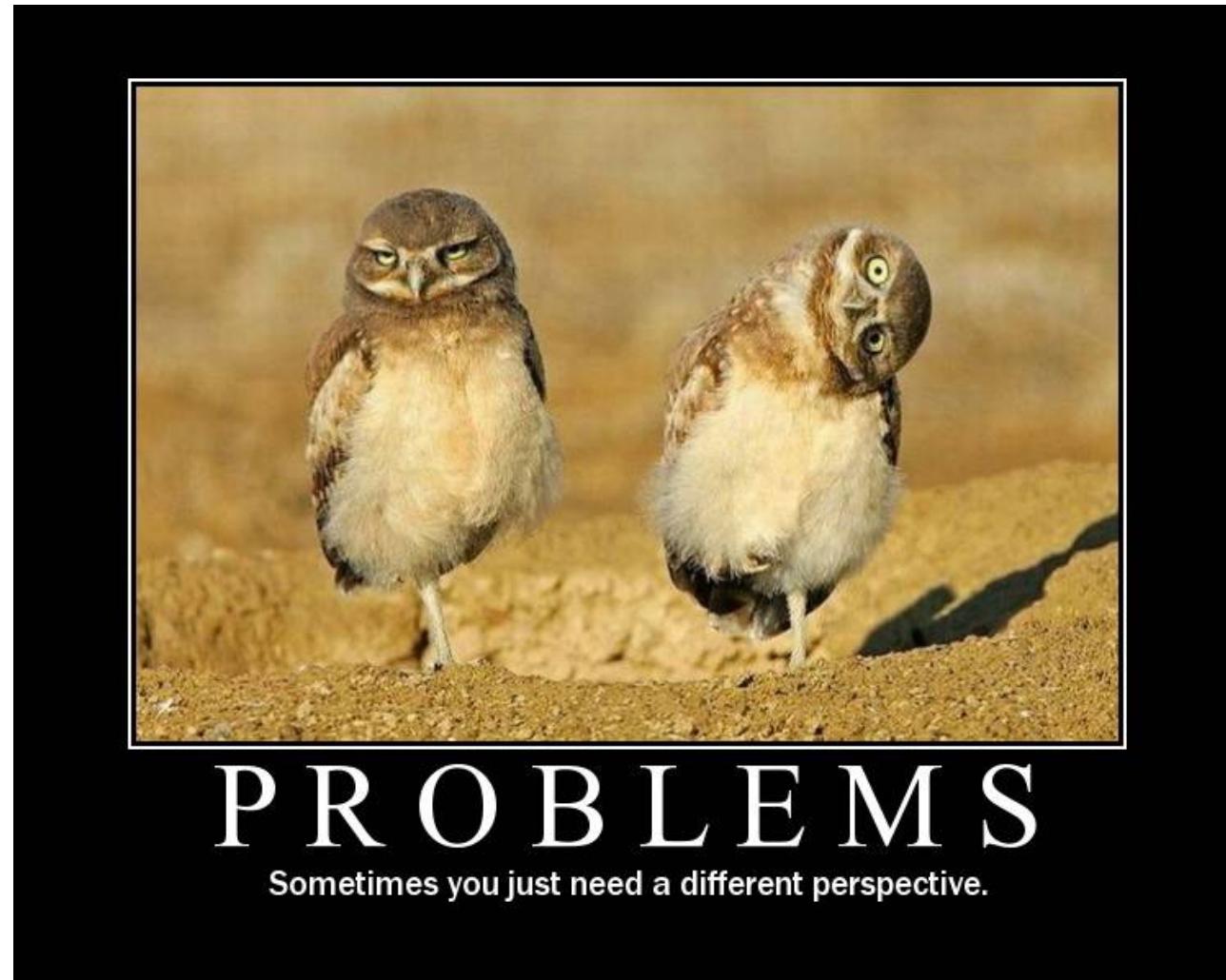
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# 18. Break large tasks into bite size portions



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# 19. Look at problems as challenges



PROBLEMS

Sometimes you just need a different perspective.

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# 20. Look at Challenges differently



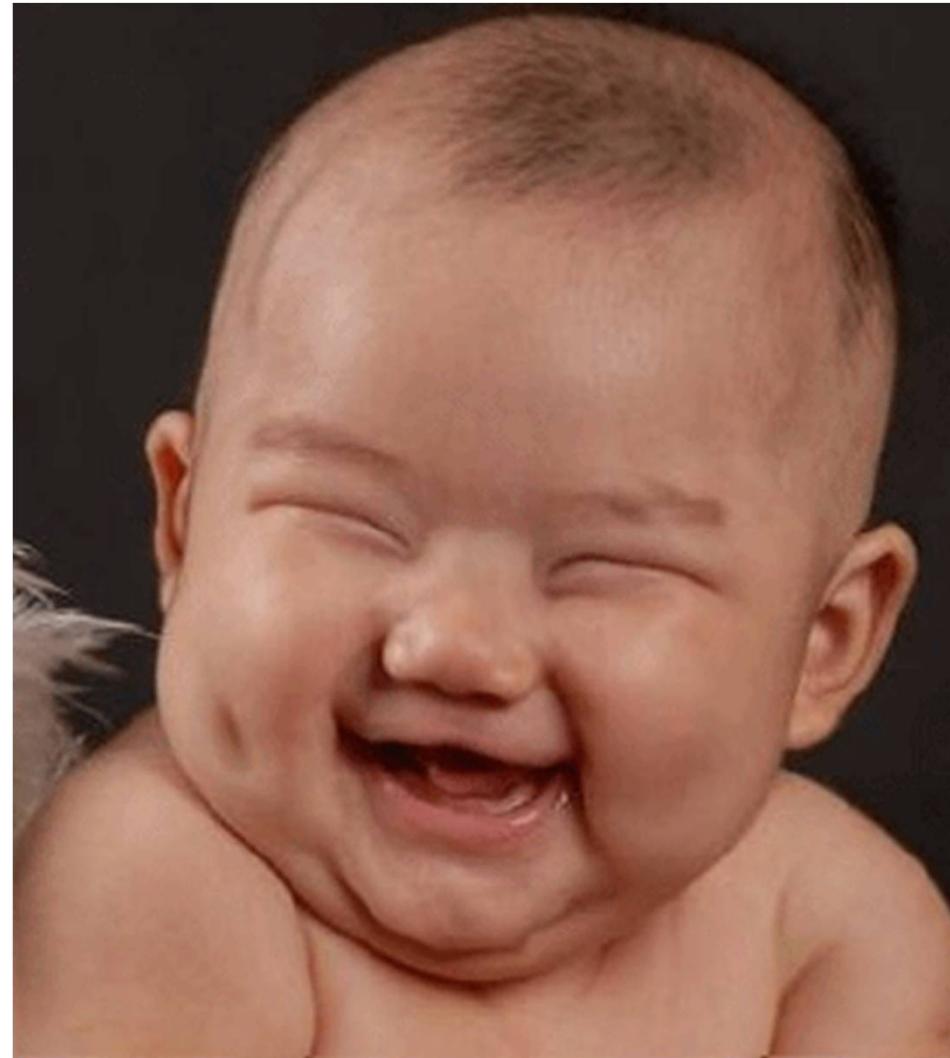
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# 21. Unclutter your life



*Make space in  
your life for  
what matters.*

## 22. Smile



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# 23. Be prepared for rain



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# 24. Play with a Toddler



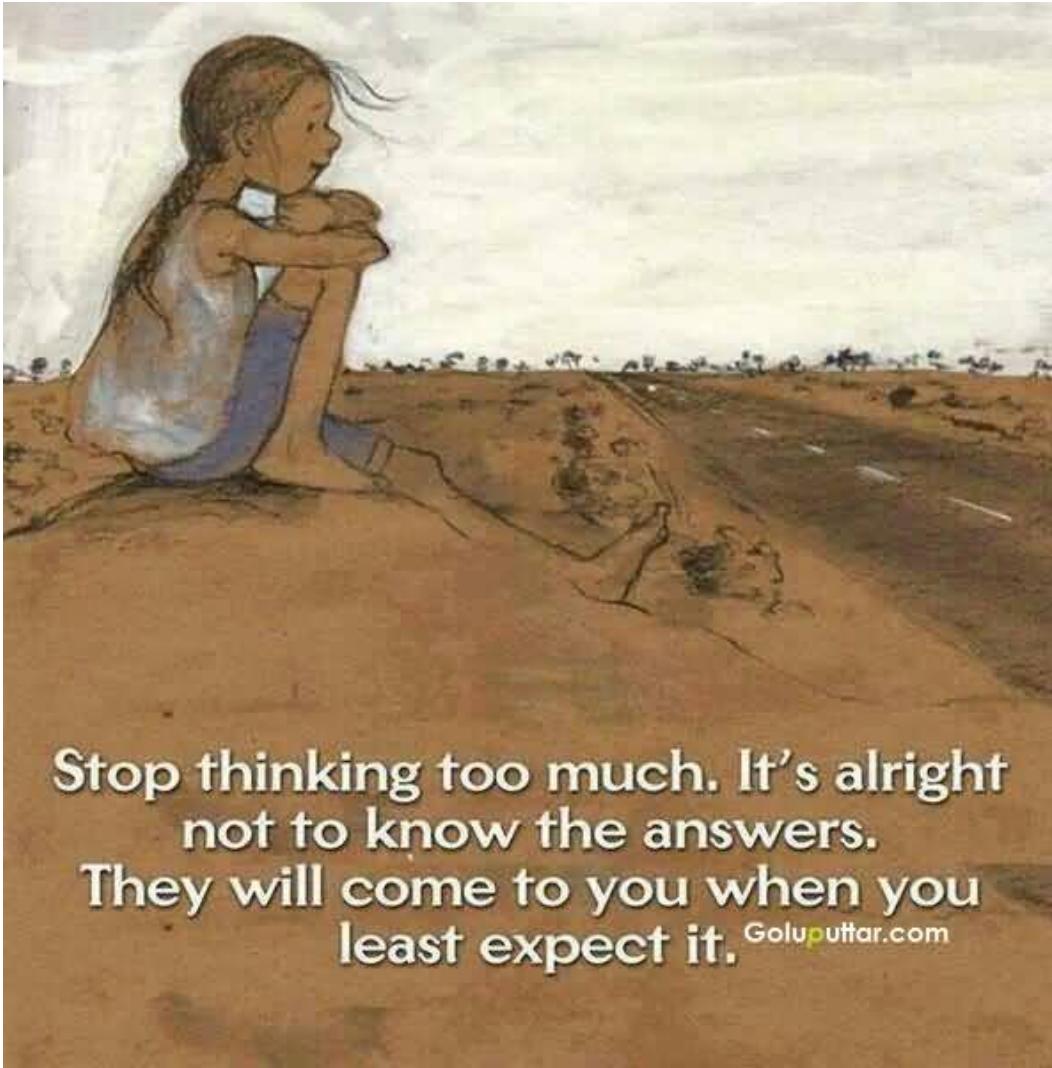
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# 25. Pat a friendly dog/cat



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# 26. Don't know all the answers



**Stop thinking too much. It's alright  
not to know the answers.  
They will come to you when you  
least expect it.** Goluputtar.com

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# 27. Look for a silver lining



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# 28. Say something nice to someone



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# 29. Teach a kid to fly a kite



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# 30. Walk in the rain



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# 31. Schedule play time into every day



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## 32. Take a bubble bath



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# 33. Be aware of the decisions you make

“Everything in your life is a reflection of a choice you have made. If you want a different result, make a different choice.”



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# 34. Believe in yourself



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# 35. Stop saying negative things to yourself



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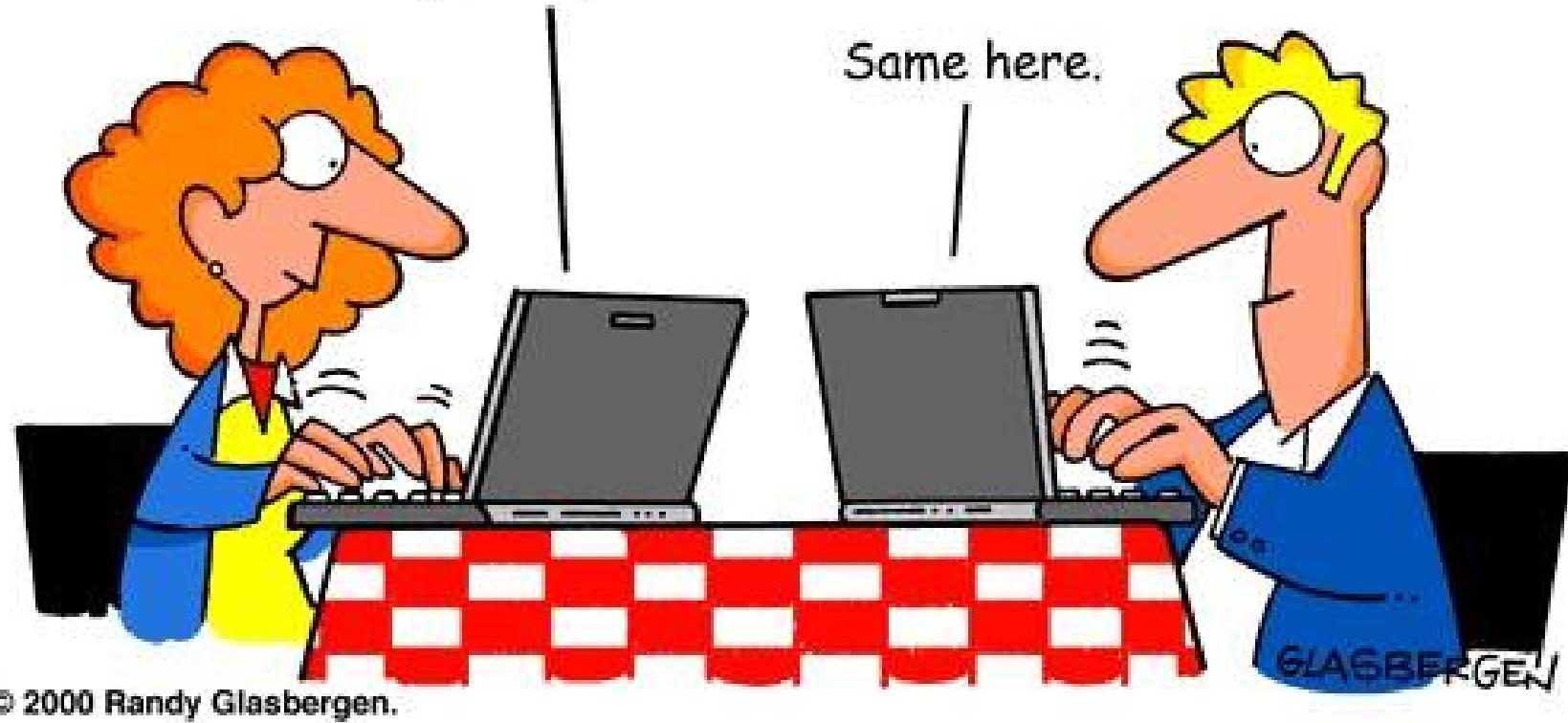
# 36. Visualize yourself winning



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# 37. Develop your sense of humour

After all our online chats,  
it's great to finally  
meet you in person.



© 2000 Randy Glasbergen.

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# 38. Stop thinking tomorrow will be better than today

"We're so busy watching out for what's just ahead of us that we don't take time to enjoy where we are."

- Calvin & Hobbes



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# 39. Have goals for yourself



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## 40. Dance a jig



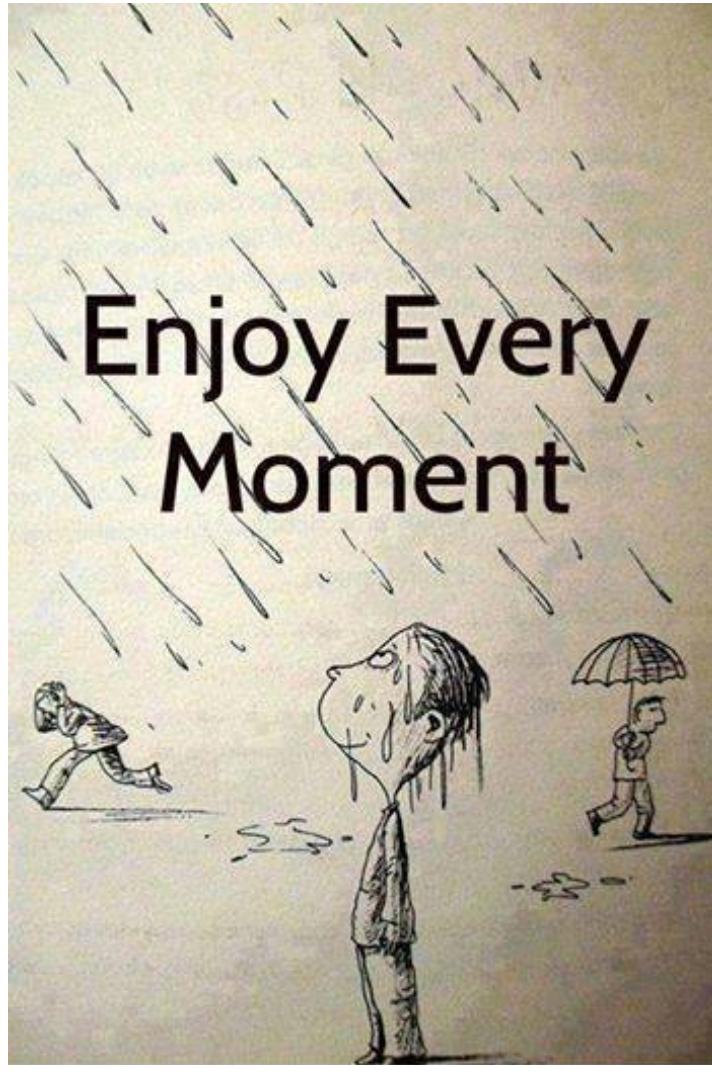
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41. Greet everyone  
you meet in the school



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## 42. Enjoy every moment of your life



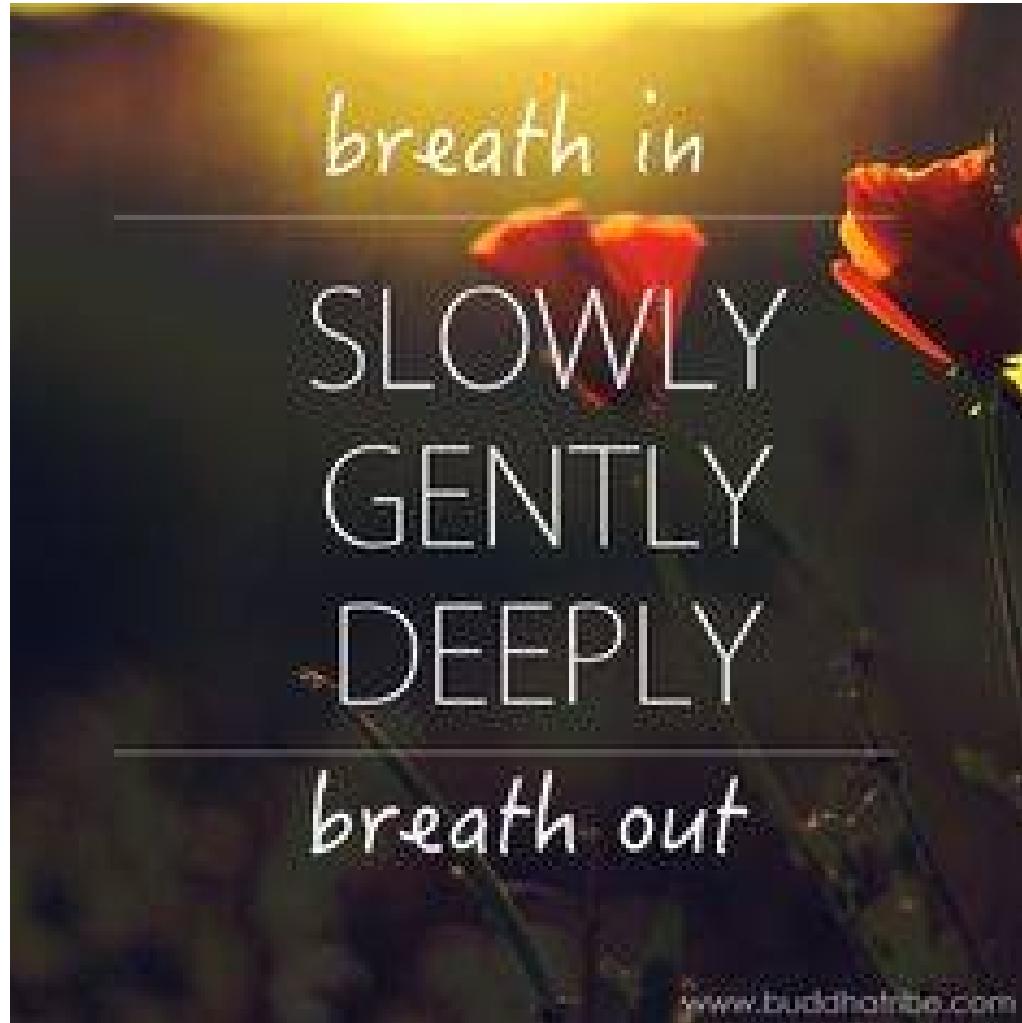
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# 43. Look up at the stars



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# 44. Practice breathing slowly



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# 45. Learn to whistle a tune



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# 46. Read a poem



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# 47. Listen to a symphony



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48. Watch a dance performance



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# 49. Read a story



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# 50. Try a new thing



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# 51. Stop a bad habit



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# 52. Buy yourself a flower



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# 53. Take time to smell the flowers



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# 54. Find support from others



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# 55. Find someone trusted to share your problems



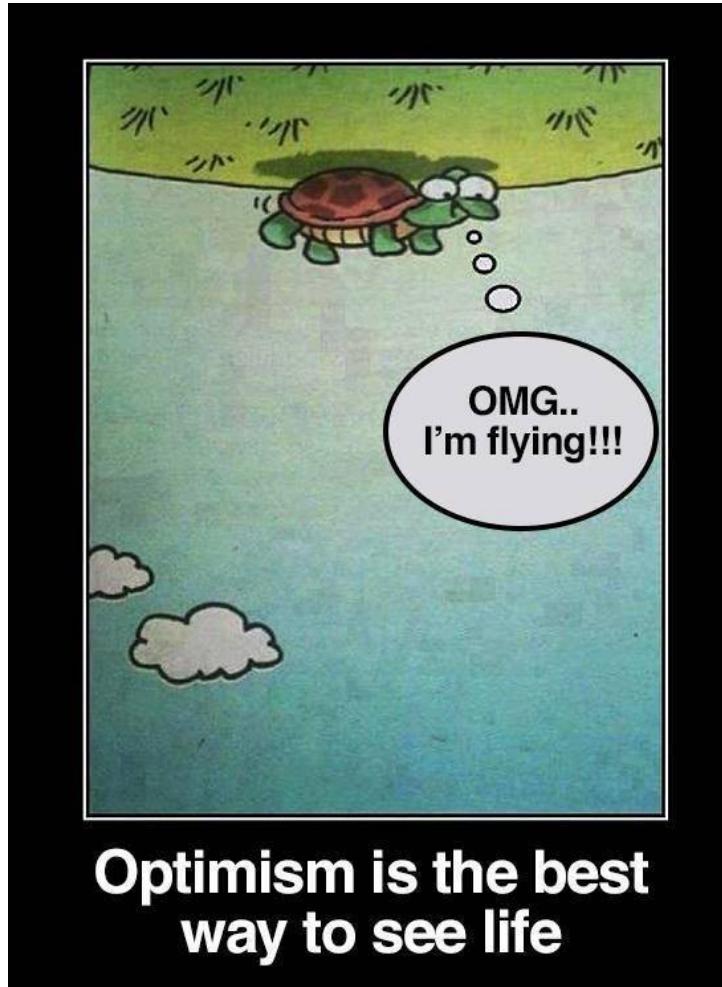
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# 56. Do it today



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# 57. Work at being cheerful and optimistic



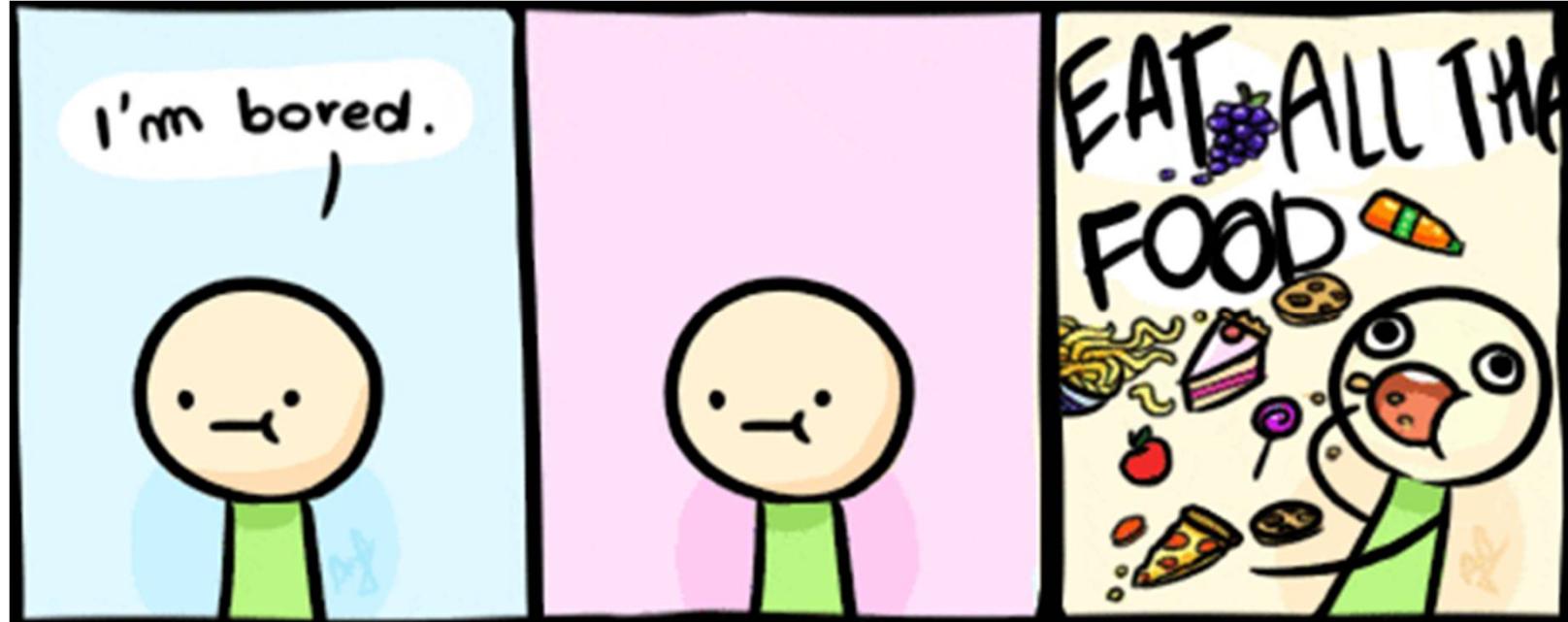
**Optimism is the best way to see life**

# 58. Put safety first



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# 59. Do everything in moderation



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# 60. Pay attention to your appearance



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# 61. Strive for Excellence NOT perfection



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62. Stretch your limits a little each day



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# 63. Look at a work of art



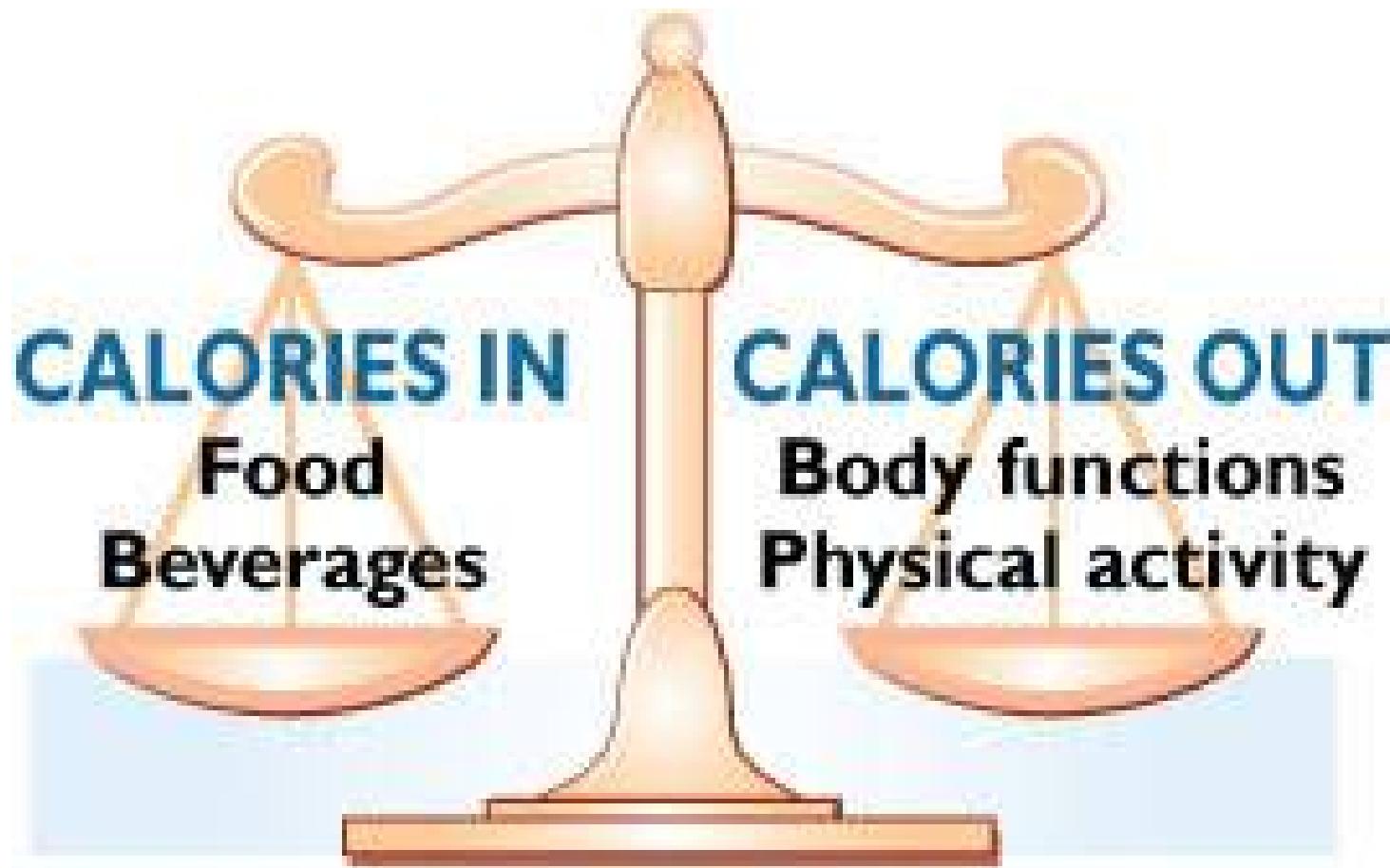
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# 64. Hum a song



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# 65. Maintain your weight



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# 66. Plant a tree



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# 67. Feed the birds



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# 68. Practice grace under pressure



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# 69. Stand up and stretch



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# 70. Always have a plan 'B'



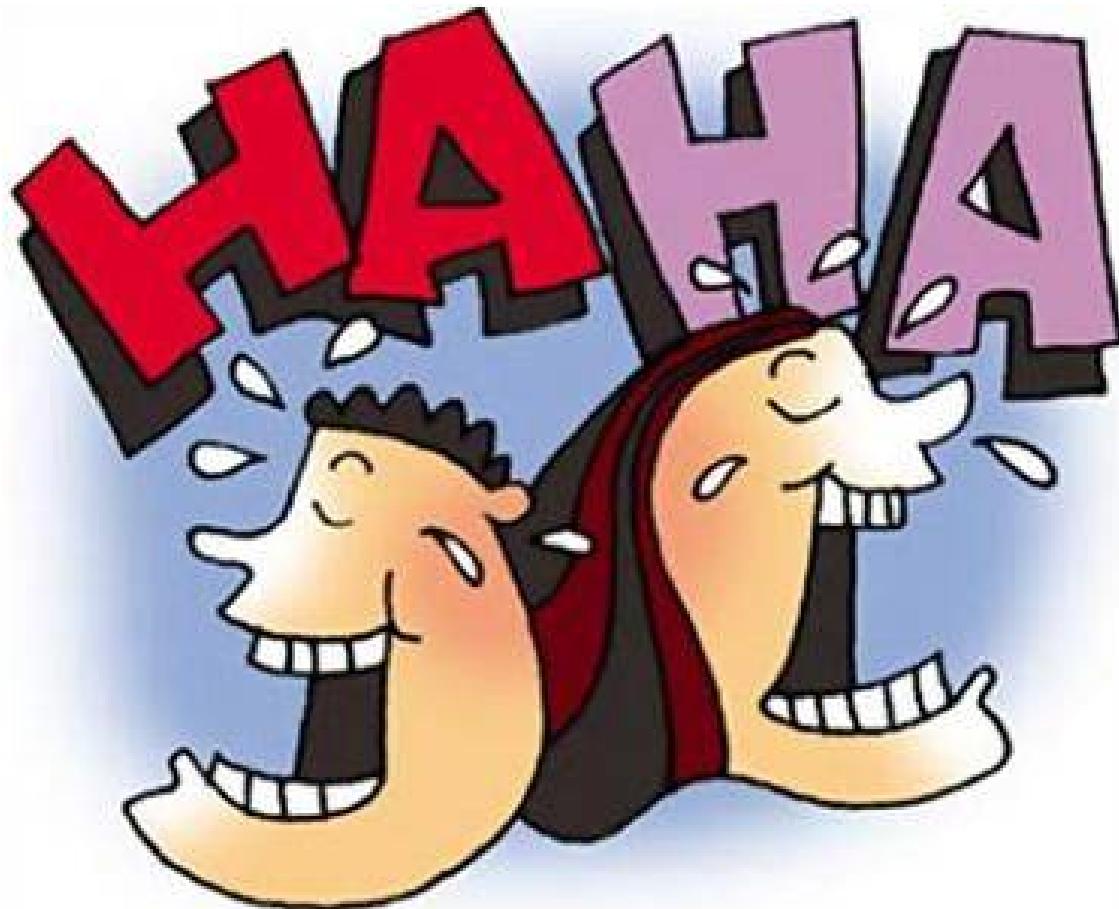
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# 71. Learn a new doodle



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## 72. Memorize a joke



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# 73. Be responsible for your feelings



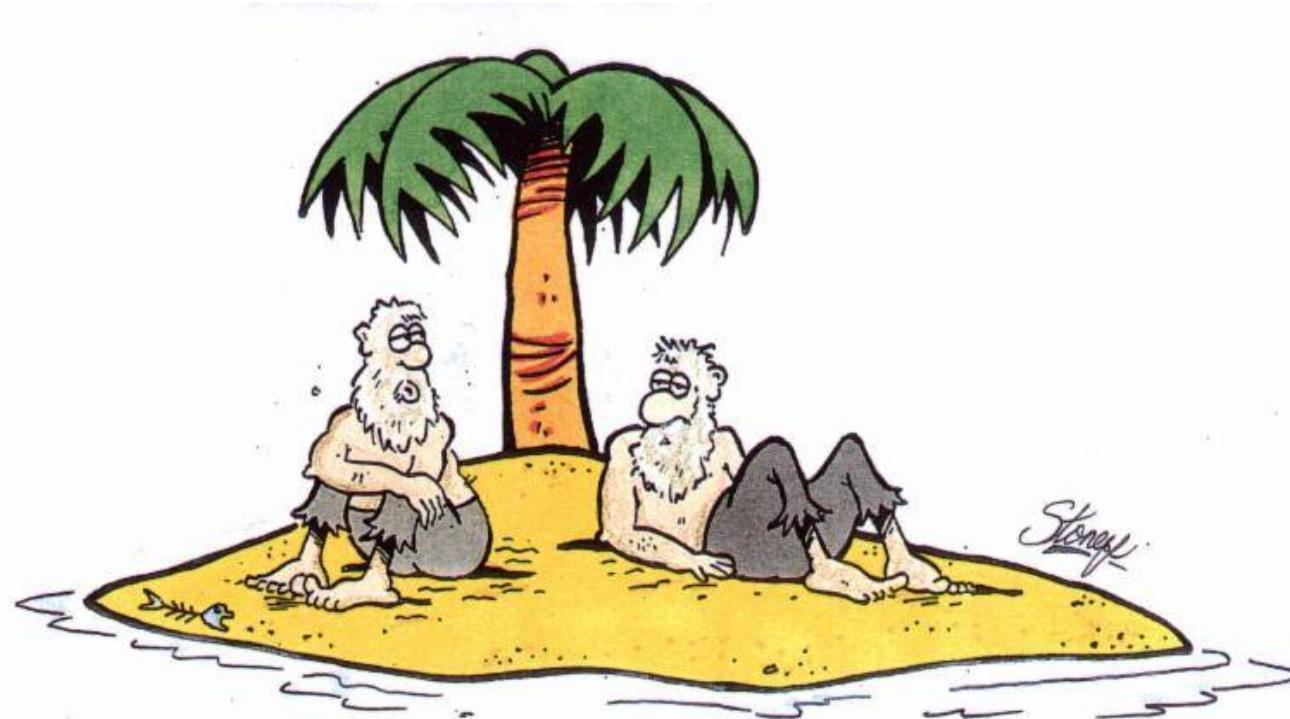
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# 74. Learn to meet your own needs



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# 75. Become a better listener



"IM SORRY, WERE YOU TALKING  
TO ME?"

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# 76. Know your limitations and let others know them too



YOU CAN DO ANYTHING,  
BUT NOT EVERYTHING.

-DAVID ALLEN

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# 77. Tell someone to have a good day



*jucoolimages.com*

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# 78. Make and throw a paper airplane



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# 79. Exercise everyday



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# 80. Get to school/work early



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# 81. Clean out one cupboard



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# 82. Learn the lyrics of a new song

## MY FAVORITE THINGS

FROM THE SOUND OF MUSIC

LIVELY, WITH SPIRIT  
Emi

LYRICS BY OSCAR HAMMERSTEIN II  
MUSIC BY RICHARD RODGERS

RAIN-DROPS ON ROSES AND WHIS-KERS ON KIT-TENS.  
CREAM COL-ORED PO-NIES AND CRISP AP-PLE STRU-DELS.

Cmaj7

BRIGHT COP-PER KET-TLES AND WARM WOOL-EN MIT-TENS.  
DOOR-BELLS AND SLEIGH-BELLS AND SCHNITZ-EL WITH NOO-DLES.

Ami7 D9 G C

BROWN PA-PER PACK-AG-ES TIED UP WITH STRING.  
WILD GESE THAT FLY WITH THE MOON ON THEIR WINGS.

G C F#mi7(9) B7 E 2

THESE ARE A FEW OF MY FA-VOR-ITE THINGS.

E

GiRLS IN WHITE DRESS-ES WITH BLUE SAT-IN SASH-ES.

Copyright © 1959 by Richard Rodgers and Oscar Hammerstein II

Preview at [www.musicaneo.com](http://www.musicaneo.com)

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# 83. Appreciate small things



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# 84. Go on a picnic



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# 85. Take a different route to school/work



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## 86. Take a break



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# 87. Put air fresher in your room



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88. Watch a movie and  
eat popcorn



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89. Write a note to  
a far away friend



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# 90. Watch your favourite sport program



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# 91. Cook a meal



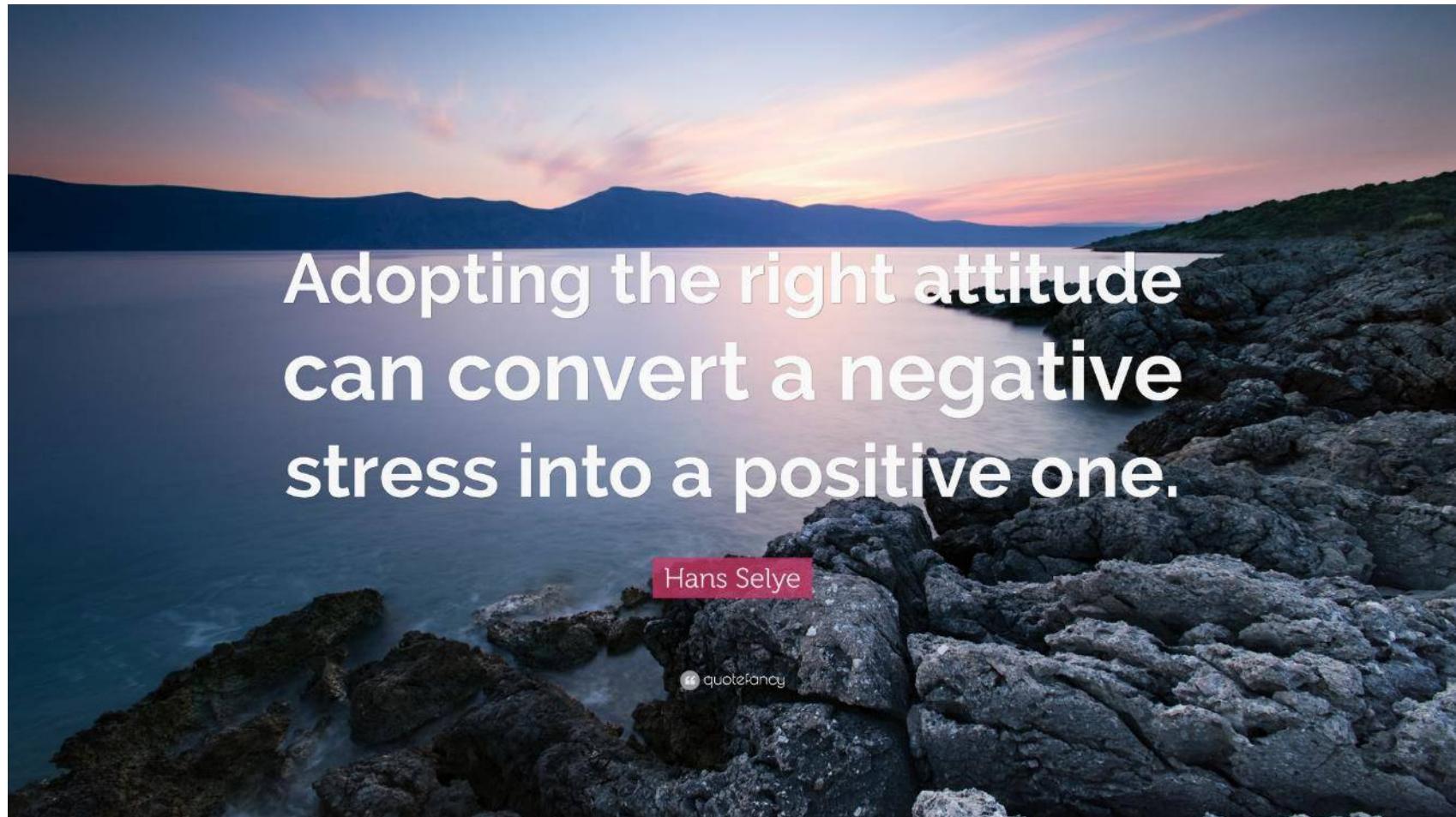
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## 92. Recognize the importance of unconditional love



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# 93. Remember that stress is an attitude



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## 94. Keep a journal



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# 95. One step at a time



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# 96. Remember you always have options



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97. Have a support network of people, places, and things



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# 98. Quit trying to fix other people



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# 99. Get enough sleep



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# 100. Talk less and listen more



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# 101. Freely praised other people



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**Bonus:** Relax, take each day at a time ... you have the rest of your life to live



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**THANK YOU FOR  
WATCHING  
AND  
HAVE A NICE  
DAY :)**

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You are welcome to add on any positive way to de-stress into the list so that we can 'upgrade' this list to 201.

Please do so by sending your idea via an email to the school counsellor.

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