

101 Ways for College Students To Cope With Stress

1. *Get up 15 minutes earlier*
2. *Perpare for the morning the night before*
3. *Avoid tight fitting clothes*
4. *Avoid relying on chemical aids*
5. *Set appointments ahead*
6. *Don't rely on your memory ... write it down*
7. *Practice preventative maintenance*
8. *Make duplicate keys*
9. *Say "no" more often*
10. *Set priorities in your lfie*
11. *Avoid negative people*
12. *Use time wisely*
13. *Simplify meal times*
14. *Always make copies of important papers*
15. *Anticipate your needs*
16. *Repair anything that doesn't work properly*
17. *Ask for help with the jobs you dislike*
18. *Break large tasks into bite size portions*
19. *Look at problems as challenges*
20. *Look at challenges differently*
21. *Unclutter your life*
22. *Smile*
23. *Be prepared for rain*
24. *Tickle a baby*
25. *Pet a friendly dog/cat*
26. *Don't know all the answers*
27. *Look for a silver lining*
28. *Say something nice to someone*
29. *Teach a kid to fly a kit*
30. *Walk in the rain*
31. *Schedule play time into every day*
32. *Take a bubble bath*
33. *Be aware of the decisions you make*
34. *Believe in yourself*
35. *Stop saying negative things to yourself*
36. *Visualize yourself winning*
37. *Develop your sense of humor*
38. *Stop thinking tomorrow will be a better day*
39. *Have goals for yourself*
40. *Dance a jig*
41. *Say "hello" to a stranger*
42. *Ask a friend for a hug*
43. *Look up at the stars*
44. *Practice breathing slowly*
45. *Learn to whistle a tune*
46. *Read a poem*
47. *Listen to a symphony*

48. *Watch a ballet*
49. *Read a story curled up in bed*
50. *Do a brand new thing*
51. *Stop a bad habit*
52. *Buy yourself a flower*
53. *Take time to smell the flowers*
54. *Find support from others*
55. *Ask someone to be your "vent-partner"*
56. *Do it today*
57. *Work at being cheerful and optimistic*
58. *Put safety first*
59. *Do everything in moderation*
60. *Pay attention to your appearance*
61. *Strive for excellence not perfection*
62. *Stretch your limits a little each day*
63. *Look at a work of art*
64. *Hum a jingle*
65. *Maintain your weight*
66. *Plant a tree*
67. *Feed the birds*
68. *Practice grace under pressure*
69. *Stand up and stretch*
70. *Always have a plan "B"*
71. *Learn a new doodle*
72. *Memorize a joke*
73. *Be responsible for your feelings*
74. *Learn to meet your own needs*
75. *Become a better listener*
76. *Know your limitations and let others know them too*
77. *Tell someone to have a good day in pig Latin*
78. *Throw a paper airplane*
79. *Exercise everyday*
80. *Learn the words to a new song*
81. *Get to work early*
82. *Clean out one closet*
83. *Play patty cake with a toddler*
84. *Go on a picnic*
85. *Take a different route to work*
86. *Leave work early (with permission)*
87. *Put an air freshener in your car*
88. *Watch a movie and eat popcorn*
89. *Write a note to a far away friend*
90. *Go to a ball game and scream*
91. *Cook a meal and eat it by candlelight*
92. *Recognize the importance of unconditional love*
93. *Remember that stress is an attitude*
94. *Keep a journal*
95. *Practice a monster smile*
96. *Remember you always have options*
97. *Have a support network of people, places, and things*

98. *Quit trying to fix other people*
99. *Get enough sleep*
100. *Talk less and listen more*
101. *Freely praise other people*

Tripler Army Medical Center, Honolulu, Hawaii