

Daily habits for **STRESS REDUCTION**

- Create a routine
- Reduce exposure to negative information
- Give yourself permission to create boundaries
- Up the movement / exercise
- Laugh
- Make it a point to hug someone special, or give yourself a hug at the end of every day
- Give yourself permission to be “ok” with your experience, whatever it is
- Count your blessings
- Who did I help today?
- Eat wisely, moderately, particularly light at night
- Make water your main drink
- Reduce your four addictions: coffee, sugar, alcohol, and cigarettes
- Unclutter your personal & workspace
- Massage your head daily
- Make a hot bath part of your bedtime routine
- Before going to sleep every night, forgive everyone, and sleep with a clean heart

