

70. Practice unplugging from the electronic world.
71. Pray – Give your worries to God – and don't steal them back!
72. Put up a bird feeder and become a bird watcher.
73. Quit agonizing over decisions you've made. It's a done deal.
74. Quit reacting like everything is an emergency.
75. Read for pleasure and relaxation.
76. Reduce spending and work toward being debt free.
77. Remember that almost everything is temporary.
78. Remember that negative life-lessons have great value.
79. Remember; first comes the fear; then comes the blessing.
80. Seize every opportunity to be encouraging to others.
81. Smile at everyone. Never look in a mirror without smiling.
82. Start every conversation with a positive thought.
83. Stay away from the negative 'what if' syndrome.
84. Stop being a perfectionist and move on.
85. Stop creating unnecessary drama in your life.
86. Stop judging what others do or don't do.
87. Stop obsessing over things you can't control.
88. Stop over analysing and start doing.
89. Stop taking things personally, it's not always about you!
90. Stop trying to do everything yourself. Get some help.
91. Take slow, deep breaths every hour on the hour.
92. Take breaks often to clear your mind.
93. Take care of your health, 99.9% of illness is stress related.
94. Tell the people you love how you feel daily.
Tell them you love them.
95. Think positive.
96. Turn off the "problem solving" hours before bed time.
97. Unchain yourself from conventional thinking myths
98. View 'challenges' as 'opportunities' to minimize stress.
99. When you buy something new, get rid of something old.
100. When you're feeling down take time to help other people.
101. _____

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admin@lrhartley.com**

One Hundred More Ways to Relax



Seminar supplement



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One Hundred More Ways to Relax

1. Accept that everything takes longer than you think.
2. Actively interact with positive people as much as you can.
3. Adopt a stress-free attitude because stress is all about our perceptions.
4. Alarm clocks are rude, learn to wake up naturally.
5. As soon as you wake up, do a gratitude review. Especially thank God.
6. Ask yourself, 'Will it matter in three years time?' If not, let it go.
7. Be early for everything so you don't feel rushed.
8. Be realistic with the demands you put on yourself.
9. Be reasonable about scheduling your time.
10. Choose walking over driving whenever possible.
11. Consciously relax every muscle in your body at bedtime.
12. Control your over-expectations to avoid disappointment.
13. Count your blessings every morning and every night.
14. Counter stress with anti-stress actions like squeezing stress balls.
15. Do an hourly 'brain dump' for ten seconds. Let it all go.
16. Do one thing at a time. Finish it.
17. Do something nice *just for you* every single day.
18. Do something nice *for someone else* every single day.
19. Do things that connect you with nature and the Creator.
20. Don't allow others to make you feel pressured.
21. Don't compare yourself to others. Life is not a contest or competition.
22. Don't exchange sleep for work.
23. Don't get emotionally invested in every little thing.
24. Don't over-focus on potential or imaginary problems.
25. Don't pet sweaty things and don't sweat petty things.
26. Don't stress out trying to get everyone to agree with you.
27. Don't use words like 'stressed out', 'worried', or 'pressured'.
28. Don't watch the news, especially when you are eating.
29. Don't worry about things that haven't happened yet.
30. Eat for nourishment not for comfort.
31. Eliminate caffeine, nicotine, alcohol, pick-me-ups and pills.
32. Eliminate unnecessary commitments.
33. Exchange massages with someone.
34. Exercise every single day.
35. Express gratitude for the small things you appreciate.
36. Extend yourself – if it doesn't kill you it will make you stronger.
37. Find reasons to laugh out loud several times a day.
38. Find ways to express your creativity regularly.
39. Forgive others for their offences against you.
40. Forgive yourself for every mistake you've ever made.
41. Get a hobby that completely captures your focus.
42. Get an answering machine or message-bank service.
43. Get rid of anything or anyone (within reason) that makes you sad.
44. Give yourself some sincere approval.
45. Go to the beach or river and wade in the shallow water.
46. 'Hang out' with happy, light hearted people.
47. Harness the anti-stress power of your emotional vocabulary.
48. Help others whenever it is within your power to do so.
49. Identify and eliminate anything that drains your energy.
50. If it's not your problem, forget it.
51. Inhale calm, exhale tension.
52. Laugh at yourself. Laugh at a comedy DVD or humorous book.
53. Learn to say 'No' and really mean it.
54. Let go of trying to control everything.
55. Life isn't always fair; it is still a gift of God, so practice gratitude.
56. Lighten your material load. More stuff = more stress.
57. Listen to music that calms your soul and carries you away.
58. Live in the present instead of longing for the past.
59. Maintain an optimistic perspective.
60. Maintain your energy levels and you will stress less.
61. Make peace of mind a high priority in your life.
62. Multitasking creates stress and lowers productivity, don't do it.
63. Never argue with ignorance, it will only frustrate you.
64. Never complain. If something bothers you take action.
65. Never respond to or repeat gossip, it will backfire.
66. Never rush through a meal. Share a meal and savour every bite.
67. Only add to your "to do" list after crossing three things off.
68. Only project positive thoughts into your future.
69. Play with your children or pets every day.