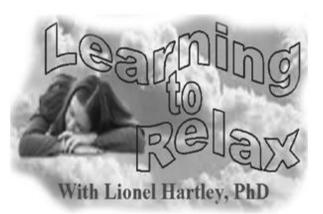
- 70. Practice unplugging from the electronic world.
- 71. Pray Give your worries to God and don't steal them back!
- 72. Put up a bird feeder and become a bird watcher.
- 73. Quit agonizing over decisions you've made. It's a done deal.
- 74. Quit reacting like everything is an emergency.
- 75. Read 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 you 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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## 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 humourous 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.