

# Welcome To 101 Ways To Reduce Stress



By  
Susan M. Castle

## Preface

“When we are in harmony and inner balance within ourselves we experience the beautiful peacefulness within”

*Susan M. Castle*

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Dear Friend,

I hope you find these fun 101 Ways To Reduce Stress inspiring and inviting. Since prolonged stress leads to so many debilitating diseases and health problems, it is important to find ways to keep your stress levels low.

It doesn't really matter what form of stress management you choose, just as long as it brings a state of peace and inner harmony to your physical, mental, emotional and energy body.

If you are feeling anything but love, peace, joy and happiness in your everyday life, you are probably experiencing stress.







Gift yourself with time, just for you, to quiet your busy mind and slip into a state of inner tranquility and peace.

Warmly, from my Heart,







*Susan*



## *Reduce Your Stress By Enjoying Nature*

-  Take a walk in your favorite place and feel the peacefulness of Nature
-  Stop and smell the roses
-  Plant a tree and take time out each day to water it and care for it
-  Make a snow man after a winter storm
-  Sip a cup of hot chocolate and watch the marshmallows melt
-  Spend 30 minutes each day in your garden—connected to Mother Earth



-  Place your bare feet into a small lake or pond and feel the water gently massage the bottom of your feet
  
-  Pick a flower and notice its perfection
  
-  Find a stream or pond and float a leaf upon the water and follow its movement
  
-  Take a stroll along a white sandy beach and feel the sand between your toes
  
-  Listen to ocean waves and allow them to lullaby you into deep relaxation
  
-  Find a large tree that provides shade and sit under the tree—your back against the trunk—and feel the breeze brush by your face



- 🌸 Notice the most delicate of creatures in Nature
- 🌸 Remember your childhood and build a sand castle
- 🌸 Pet a furry caterpillar and watch it inch its way across the ground
- 🌸 Fall into a pile of brightly colored fall leaves and smell the fragrances of fall
- 🌸 Build a campfire and roast marshmallows and sing songs
- 🌸 Step into a field of 4 leaf clovers, pick one and make a wish



- 🌸 Take your favorite pal to the beach and fly a kite
- 🌸 Stroll a sandy beach and collect unique sea shells
- 🌸 Go on a treasure hunt and see what you can find
- 🌸 Sing your favorite melody in the rain
- 🌸 Make snow angels in the snow
- 🌸 Take a turn on the merri-go-round and laugh like a child









- 🌸 Find a litter of puppies and enjoy playing with them in the hay—feeling their soft furry coats and their wet little tongue
  
- 🌸 Lose yourself in Nature and listen to the song of the birds
  
- 🌸 Feel the warmth of the sun shining down upon your face
  
- 🌸 Next time there is a storm, watch the lightening light up the sky and outline the clouds
  
- 🌸 Take a long, relaxing boat ride and feel the waves gently rock you into a lullaby



- 🌸 Take time out to watch the setting sun
- 🌸 Star gaze and make a wish upon the first star you see
- 🌸 Check the calendar for the next full moon and take time out to see it in the evening sky
- 🌸 Plant a vegetable garden and savor the taste of your own home grown vegetables
- 🌸 Enjoy an afternoon of apple picking and take time to bake a fresh apple pie with lots of cinnamon











-  Close your eyes and visualize a water fall splashing into a beautiful blue body of water
  
-  Imagine a Hawaiian lei of flowers gently placed around your neck and the flower fragrances washing over you
  
-  Take an unexpected drive in the country and notice all the green rolling hills and wild flowers and open space
  
-  Visit your local botanical gardens and commune with Nature
  
-  Gift yourself with a fresh bouquet of flowers today
  
-  Take a sleigh ride during the Holiday Season and enjoy it with your child-like spirit









## Relax With Loved Ones

- 🌸 Take time out to relax with a good book and a loved one
- 🌸 Have a relaxing lunch with a good, trusted friend
- 🌸 Take an afternoon nap to refresh and renew
- 🌸 Make a date with a friend to join a yoga class
- 🌸 Find a friend to begin an exercise program with and enjoy the benefits of regular exercise and good company
- 🌸 Join like-minded others and take a meditation class and enjoy the many health benefits
- 🌸 Invite a loved one or friend over to help you decorate for the Holidays



-  Enjoy an herbal tea, a good book and special time with a loved one
-  Take time to make a phone call and connect with a loved one or friend who lives miles away
-  Bake an apple pie and bring it to a neighbor or friend or surprise your sweetie (and savor the fresh smells of cinnamon)
-  Rent one of your favorite movies and invite some friends over for a "night at the movies"
-  Visit your favorite art gallery or museum and get lost in the masterpieces
-  Go to your favorite card shop and find a special card for a dear friend or loved one and surprise them with it



-  Give that special someone a loving hug and invite them to take a break with you
-  Take a Spirit-Break during your day when you're feeling stressed
-  Take a well deserved lunch break during your busy day
-  Take a long weekend off and go somewhere fun
-  Delegate tasks and projects to others whenever you can
-  Decide what you are good at and what you need to delegate to others



- 🌸 Take time out to let your creative genius come forth and create something fun
- 🌸 Find a few moments to journal your feelings using your favorite pen and special journal
- 🌸 Plan a trip to your favorite store and select a candle, incense and bubble bath for your next relaxing evening at home
- 🌸 Draw the bubble bath and gift yourself with 30 minutes of quiet relaxation
- 🌸 Sleep in an extra hour on your next day off
- 🌸 Engage a cleaning service to do your next “spring cleaning” and take the day off and do something fun for you









- 🌸 Give that "special someone" a bath the natural way
- 🌸 Find a sketch book and colored pencils, put on your favorite music and draw
- 🌸 Make a collage of your life's dreams
- 🌸 Take all your old, memorable pictures and put them in a photo album
- 🌸 Find a neighborhood festival to enjoy with a friend
- 🌸 Visit your local animal shelter and make a donation of money, love or just a Holiday cheer











*Reduce Your Stress  
By Taking Time Just  
For You*

-  Enjoy a relaxing body massage at your favorite spa
-  Listen to your favorite music with the lights down low and a soft candle flame glowing across the room
-  Light your favorite incense and dream of being miles away
-  Buy a new, fluff, comfy pillow and enjoy the comfort and good night's sleep
-  Keep a gratitude journal and make entries into it each night before you go to sleep of all you are grateful for in your life
-  Make a promise to not watch TV (especially the news) before going to bed—instead drift off to sleep to the soft sounds of calming music or a light guided imagery



-  Take a nap with your favorite pals
-  Hang your laundry out to dry in the sunshine and savor the fresh clean fragrance of Nature
-  Indulge in a good cross word puzzle
-  Read the comics
-  Turn the TV off and sit comfortably in silence
-  Practice some form of meditation every morning







- 🌸 Plan your next vacation
- 🌸 Imagine you are sitting in one of those yellow chairs
- 🌸 Listen to your favorite vacation music
- 🌸 Visit your nearby florist and buy some exotic flowers
- 🌸 Watch an inspiring movie
- 🌸 Go out at night and look for the big dipper and marvel at the night sky and all the twinkling stars




- 🌸 Lighten up and spend some time at a dog beach
- 🌸 When all else fails—go watch how others have some fun
- 🌸 Find a rewarding career that allows you to express your gifts, talents and creativity
- 🌸 Take a class on stress management or meditation
- 🌸 Learn the healing practice of Qi Gong and take time each morning to practice the movements
- 🌸 Get plenty of rest and sound sleep





 Find a special place to get away from it all and relax

 Feel your feelings and notice how you are feeling throughout your day and breathe deeply into them

 When you feel stressed, take a few deep breaths

 Focus on what you like about your life (not what you don't like)

 Surround yourself with positive people

 Involve yourself with community and people who are upbeat and share in your same values and energy



Most of all don't ever lose your child-like spirit...  
your Essence!

The end...

Or is it the beginning?