

# 15 Proven Ways to Reduce Stress From the Smart Lioness

- 15.) Get up 15 minutes earlier each morning. Extra time = less likely to be stressful/rushed
- 14.) Prepare the night before (Less likely to forget something, less pressure in the morning)
- 13.) Eliminate or reduce the amount of caffeine in your diet.
- 12.) Be prepared to wait. (I always carry my book in my purse to read, just for this purpose! Or if you prefer to listen to your books, pop in your ear buds & crank that puppy on!)
- 11.) Don't do ANYTHING that will in turn cause you to lie.
- 10.) Procrastination is stressful! Whatever you want to do tomorrow, do today; whatever you want to do today, do it NOW!
- 9.) If your alarm clock is annoying or causes you to be in a bad mood as soon as you wake up, research some different sounds or clocks to use instead.
- 8.) Pollyanna-Power! For every 1 thing that goes wrong, there are probably 10 or 50 or 100 blessings. COUNT THEM!
- 7.) Say "NO!" Say no to extra curricular activities, parties, projects, that you KNOW you don't have time or energy for. Everyone needs time for some quiet & peaceful relaxation daily! Saying "NO" takes practice!
- 6.) WRITE EVERYTHING DOWN! Preferably all in one place like a planner! Don't rely on your memory! Write down- appointment times, when to pick up laundry, when library books are due, when child's school project is due, etc
- 5.) Relax your standards The world will not end if the laundry doesn't get finished or the grass doesn't get mowed this weekend.
- 4.) Make friends with people who are not worry warts! Nothing gets you in the habit of worrying faster than a chronic worry wart!
- 2.) Get enough sleep! If necessary, set an alarm on your phone, to remind you what time to go to bed.
- 1.) Talk it out! Discussing your problems with a trusted friend can help you problem solve! Plus they can give you a different perspective on your issue! (Or just a shoulder to cry on, if that's what you need!)

