

Top 10 Stress Management List

Contributed by Ken Bissonette
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Managing stress can be easier if you use our top 10 management stress list. We have put managing stress in your life all in a list for you to print for your desk, your office or your fridge. Relieve stress by using some of the techniques listed below.

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{bot_wrgoogle}Remember your life can be easier just from managing stress. Our exclusive list to managing stress in your life is yours free.

- 1 Managing stress - Do at least 1 thing in your day that you really enjoy.
- 2 Managing stress - Do nothing that you will have to lie about.
- 3 Managing stress - Learn to say "No" to people and projects that you feel will add unneeded stress to your life.
- 4 Managing stress - Write your thoughts and feelings down in journal- writing is a very creative and rewarding release.
- 5 Managing stress - Don't put things off that you need to do, rather get them done and feel better.
- 6 Managing stress - Take a walk in your day, walk outside in nature or take the stairs instead of the elevator.
- 7 Managing stress - Be realistic about your day, schedule appointments so that you are not tight for time, causing yourself unneeded worry and stress.
- 8 Managing stress - Prepare for your day ahead of time, rather than rush around because of lack of time.
- 9 Managing stress - Think carefully before speaking, so that you remain true to your feelings without being unkind and causing somebody else's feelings to get hurt.
- 10 Managing stress - Take charge of your health by getting your yearly physical checkups, look after your teeth, and visit your dentist regularly.

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