60 Ways to De stress

Put on some music and dance

Make a gratitude list

Eat something mindfully

Go to the park

Light a scented candle

Buy yourself flowers

Listening to music

Call or visit a friend

Take a nap

Take some deep breaths

Take a mini mental holiday

Watch the clouds go by

Have a bath

Meditate

Write in a journal

Go for a walk

Plant a tree

Swing on a swing

Forgive someone

Write a poem

Hug someone

Fake a smile

Gaze at the stars

Play a game

Stand up and stretch

Paint a picture

Read a book

Look at a work of art

Bake some cookies

Go for a bike ride

Review your achievements

Relive happy memories

Get a haircut

Pat a dog

Volunteer your time

Perform an act of kindness

Give yourself a time-out

Make yourself a cup of tea

Listen to a guided relaxation mp3

Watch a funny movie

Disconnect from technology

Colour in

Play in the Park

Take a class at the gym

Get a massage

De-clutter a drawer

Take a long drive

Borrow a book from the library

Go on a picnic

Visit a farmers market

Vent

Live for today

Ask for help

Create some routines

Scale down your to do list

Accept what you can’t change

Compliment yourself often

Outsource if you can

Write positive self-statements

Try Progressive Muscle Relaxation