Make Lists • Take A Deep Breath
• Exercise • Sing-a Song • Eat Right • Call a Friend
• Laugh at Yourself • Ask Others to Help • Smile
• Set Realistic Goals • Take Breaks • Prioritize Tasks • Delegate Work • Avoid Clutter • Use Proper Lighting • Have a Hobby • Keep Noise Down
• Talk Things Out • Visualize a Peaceful Scene • Learn to Relax • Budget Time and Money • Take A Deep Breath • Plant a Garden • Massage Tense Muscles • Reward Yourself • Go Out to Lunch • Meditate
• Set Limits • Think Positively • Count to 10
• Enjoy Small Pleasures • Avoid Junk Food
• Practice Teamwork • Believe in Others • Believe in Yourself • Confront Your Feelings • Be Kind
• Cry if Necessary • Take A Deep Breath • Remember: Time Heals • Get Regular Checkups • Take a Walk • Get Organized • Do Neck Rolls • Avoid Dangerous Drugs • Be Flexible
• Stretch Often • Control Your Weight • Avoid Distractions • Set Reasonable Deadlines • Don’t Sweat the Small Stuff • Learn to Say “No” • Forgive and Forget • Use the Right Tools • Don’t Procrastinate • Reflect on Your Joys • Encourage Others • Get Up Earlier • Break Up Monotony
• Take A Deep Breath • See Problems as Challenges • Stop and Smell the Roses • Love Others • Love Yourself • Avoid Unnecessary Meetings • Screen Your Calls • Never Drink and Drive • Give Hugs • Seek Out Positive People • Be Faithful • Read Good Books
• Remember Your Triumphs • Laugh Often

Take A Deep Breath

COUNSELING CENTER
VEITCH STUDENT CENTER, NORTH WING
UNIVERSITY OF CALIFORNIA, RIVERSIDE