**Stress Breakers**

Below are some great tips and techniques you can use to strengthen your resolve in eliminating stress.

* Remember that you are important and that you deserve time for yourself.
* Say yes to what brings you joy.
* Pamper yourself.
* Make time for yourself.
* Laugh at yourself and at the antics of others. Life is humorous!
* Breathe. Take slow, deliberate breaths in and out to calm yourself. Focus only on your breathing.
* Say no often when it doesn't feel right for you.
* Eliminate some of the multi-tasking. Allow others to take on some of the tasks.
* Ask for help. Stop assuming people will know that you need help or exactly what you need.
* Get enough sleep. Your body needs that time to rejuvenate and refresh.
* Get up earlier than everyone and get your day in order. Enjoy the quiet.
* Stand by your decisions when you know you have made the right choice for you.
* Go for a walk. Even if it is a short walk cause it allows you to clear your head.
* Let some things go. Yes, you can.
* Ignore unpleasant behavior, smile and remove yourself from the scene.
* Stop demanding so much from yourself and others.
* Look at what you accomplish, not at what does not get done.
* Sit down for all meals and snacks---don't eat standing up or on the run.
* Eat healthy foods - you know you should be doing this anyway!
* Drink plenty of water.
* Limit the amount of alcohol you consume. Alcohol is a depressant.
* Exercise is good for your body, plain and simple.
* Eat a little bit of dark chocolate when you feel stressed.
* Tell someone you love them. Spread the good feelings around.

You can incorporate these into your daily life little by little. Keep your focus on your feelings and use these stress breakers to get back on track. You don't need a huge monetary investment for any of these. What you need is a personal commitment to yourself to live a life filled with joy and happiness. You only have one life to live, so live it full out! Embrace a balanced life!