



Calm Your Nerves

Optional Activity

In the hurried world we live in, stress is everywhere. Try to complete at least 2 of these activities everyday to keep your nerves calm and your life happy!!

-  Go for a walk.
-  Spend time in nature.
-  Talk to a supportive friend...don't hold your problems in.
-  Sweat out tension with a good workout.
-  Do something for someone else.
-  Write in your journal.
-  Take a long bath.
-  Play with a pet.
-  Get a massage.
-  Curl up with a good book.
-  Take a yoga class.
-  Listen to your favorite music.
-  Watch a comedy.
-  Eat a healthy diet.
-  Reduce caffeine and sugar.
-  Avoid alcohol, cigarettes, and drugs.
-  Focus on the positive.
-  Set aside relaxation time.
-  Do something you enjoy everyday.
-  Keep your sense of humor.
-  Get a good night's rest.