<table>
<thead>
<tr>
<th></th>
<th>1. Get up earlier</th>
<th>23. Prepare for rain</th>
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<tbody>
<tr>
<td>2</td>
<td>Prepare ahead</td>
<td>24. Tickle a baby</td>
</tr>
<tr>
<td>3</td>
<td>Avoid tight clothes</td>
<td>25. Pet a dog/cat</td>
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<td>4</td>
<td>Avoid chemical aids</td>
<td>26. Don’t know all the answers</td>
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<td>5</td>
<td>Set appointments</td>
<td>27. Look for the silver lining</td>
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<td>6</td>
<td>Write it down</td>
<td>28. Say something nice</td>
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<td>7</td>
<td>Practice preventive maintenance</td>
<td>29. Teach a kid to fly a kite</td>
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<td>8</td>
<td>Make duplicate keys</td>
<td>30. Walk in the rain</td>
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<td>9</td>
<td>Say “NO” more often</td>
<td>31. Schedule play time</td>
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<td>10</td>
<td>Set priorities</td>
<td>32. Take a bubble bath</td>
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<tr>
<td>11</td>
<td>Avoid negative people</td>
<td>33. Be aware of your decisions</td>
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<tr>
<td>12</td>
<td>Use time wisely</td>
<td>34. Believe in yourself</td>
</tr>
<tr>
<td>13</td>
<td>Simplify meals</td>
<td>35. Stop talking negatively</td>
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<tr>
<td>14</td>
<td>Copy important papers</td>
<td>36. Visualize winning</td>
</tr>
<tr>
<td>15</td>
<td>Anticipate needs</td>
<td>37. Develop a sense of humor</td>
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<td>16</td>
<td>Make repairs</td>
<td>38. Stop thinking tomorrow will be better</td>
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<tr>
<td>17</td>
<td>Get help with jobs you dislike</td>
<td>39. Have goals</td>
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<tr>
<td>18</td>
<td>Break down large tasks</td>
<td>40. Dance a jig</td>
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<tr>
<td>19</td>
<td>Look at problems as challenges</td>
<td>41. Say hello to a stranger</td>
</tr>
<tr>
<td>20</td>
<td>Look at challenges differently</td>
<td>42. Ask a friend for a hug</td>
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<tr>
<td>21</td>
<td>Unclutter your life</td>
<td>43. Look at the stars</td>
</tr>
<tr>
<td>22</td>
<td>Smile</td>
<td>44. Breath slowly</td>
</tr>
</tbody>
</table>
45. Whistle a tune
46. Read a poem
47. Listen to a symphony
48. Watch a ballet
49. Read a story
50. Do something new
51. Buy a flower
52. Smell a flower
53. Find support
54. Find a “vent” partner
55. Do it today
56. Be optimistic
57. Put safety first
58. Do things in moderation
59. Note your appearance
60. Strive for excellence, not perfection
61. Stretch your limits
62. Enjoy art
63. Hum a jingle
64. Maintain your weight
65. Plant a tree
66. Feed the birds
67. Practice grace
68. Stretch
69. Have a plan “B”
70. Doodle
71. Learn a joke
72. Know your feelings
73. Meet your needs
74. Know your limits
75. Say “Have a good day” in pig Latin
76. Throw a paper airplane
77. Exercise
78. Learn a new song
79. Get to work earlier
80. Clean a closet
81. Play with a child
82. Go on a picnic
83. Drive a different route to work
84. Leave work (class) early
85. Put air freshener in your car
86. Watch a movie and eat popcorn
87. Write a far away friend
88. Scream at a ball game
89. Eat a meal by candlelight
90. Recognize the importance of unconditional love

91. Remember stress is an attitude

92. Keep a journal

93. Share a monster smile

94. Remember your options

95. Build a support network

96. Quit trying to fix others

97. Get enough sleep

98. Talk less and listen more

99. Praise others

100. Stop a bad habit

101. RELAX. TAKE EACH DAY AT A TIME...YOU HAVE THE REST OF YOUR LIFE TO LIVE!