



75 Tips to Beat Stress

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Stress Busting

We deal with stress so often in today's world. Having our bodies in a constant state of fight or flight can cause damage to our bodies. Chronic stress may lead to heart conditions, cancer, and other illnesses.

It is imperative that we learn to manage and minimize the amount of stress in our daily lives.

On the following pages are 75 of my favorite tips and tricks to help you live your best balanced, happy, and stress-free life.

Stress Busters 1-15

- Take a bath
- Go for a walk
- Call a friend
- Limit your social media time
- Write in a journal
- Go to a comedy club
- Watch a funny movie
- Wake up earlier to allow more time to get ready
- Hire a babysitter for an hour so you can have some "me" time
- Get a manicure
- Get a pedicure
- Indulge in a massage
- Have a facial
- Walk the dog
- Play with your pets

Stress Busters 16-30

- Volunteer
- Be present on your walks and notice your surroundings
- Channel your inner photographer
- Engage in a hobby
- Ride a bike
- Watch a sunrise
- Watch a beautiful sunset
- Enjoy date night
- Go out with friends
- Go to the gym
- Use the sauna
- Nap
- Practice yoga
- Practice meditation
- Take a ride on a boat

Stress Busters 31-46

- Learn to say "no"
- Don't over commit
- Limit your caffeine intake
- Eat foods that bust stress
- Drink a hot cup of herbal tea
- Take a vacation
- Take a day trip
- Practice deep breathing
- Chunk your tasks
- Outsource tasks you dislike
- Limit reading or watching news
- Adopt a pet from a local shelter
- Forgive someone
- Forgive yourself
- Listen to soothing music
- Go dancing

Stress Busters 47-60

- Be your most authentic self
- Limit the lies (it's stressful keeping lies and secrets)
- Speak to your naturopathic or functional doctor about supplements for stress
- Get your hormone levels check
- Get sunshine to boost your Vitamin D levels
- Hug someone for 20 seconds
- Join a club and make new friends
- Practice positive thinking
- Speak kindly to yourself and to others
- Don't sweat the small stuff
- Develop or strengthen a spiritual practice
- Smile more
- Get adequate amounts of sleep
- Color in an adult coloring book

Stress Busters 61-75

- Let go of toxic relationships
- Read books that make you happy
- Work on puzzles
- Stop comparing yourself to others
- Sing like no one is listening
- Perform acts of kindness
- Say hello to others with a smile
- Declutter your space
- Use essential oils such as lavender
- Drink adequate amounts of water
- Limit your sugar intake
- Quit your nicotine use
- Maintain a healthy weight
- Ask for help
- Seek therapy

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— Tatiana Barrera, Author of No Milk, Please and No a La Leche

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Elizabeth Gavino

Thank you

Here's to your best,
balanced, & stress-free life!

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