

# 75 Stress-Relieving Activities

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1. Read a book
2. Go for a walk
3. Knit, crochet, needlepoint
4. Play an instrument
5. Take a bath
6. Play a board game, cards
7. Call a good friend
8. Watch a favorite movie
9. Listen to music
10. Exercise
11. Go shopping
12. Play with pets
13. Clean the house
14. Write in a journal
15. Fly a kite
16. Rearrange the closet
17. Organize your photos
18. Paint
19. Write your memoirs
20. Enjoy the grandkids
21. Volunteer at a hospital, nursing home
22. Start or finish a project
23. Bake a cake
24. Clean out the garage
25. Meditate
26. Get a haircut, new hairstyle
27. Take a bike ride
28. Write poetry
29. Watch the sunrise, sunset
30. Sign up for a yoga class
31. Dance around the living room
32. Plant a garden
33. Get a massage
34. Go to the zoo
35. Laugh
36. Socialize with friends
37. Get a good night's sleep
38. Donate old clothes to Goodwill
39. Sing
40. Count your blessings
41. Go on a mini-vacation
42. Do one thing at a time
43. Delegate responsibility
44. Don't forget to eat
45. Weed the garden
46. Window shop
47. Go for a drive
48. Do a crossword puzzle
49. Watch TV
50. Take dance lessons
51. Walk on the beach
52. Bird watch
53. Go fishing
54. Have sex
55. Practice breathing exercises
56. Do a jigsaw puzzle
57. Go to the library
58. Surf the web
59. Swim
60. Plan a dream vacation
61. Learn a new skill
62. Walk your dog
63. Help a friend
64. Read something inspirational
65. Play sudoku
66. Redecorate the house
67. Sign up for adult ed classes
68. Have a girl's night out
69. Have a guy's night out
70. Write a letter to an old friend
71. Save loose change
72. Attend church or temple
73. Make new friends
74. Tell a funny joke
75. Nurture yourself