

# *Stress ~ Free Living*

*36 tips to relieve stress*

by Olive Knight



**Stress-Free Living**  
***36 tips to relieve stress***  
Compiled by Olive Knight



Would you like to contribute to the next edition?  
Send your stress relief suggestions to  
knightpros@gmail.com

*or write to:*

Olive Knight  
Workshops | Retreat | Coaching  
25 Stonehaven Dr, #246, Weymouth, MA 02190  
Let me know how you make use of these cards.



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knightpros@gmail.com

# Envision Your Life Stress Free Living

## *36 tips to relieve stress*

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Stress shows itself in many forms. You may get irritable, your eyelids start fluttering, you experience aches in your head, shoulder and back, or you feel weary. However you feel, you need some way to get relief. You may turn to food and that never ends well!

I would like to suggest various ways that may help you relax and relieve the stress.

As you feel the need just choose one and put it into action.

Some of these tips can be done by yourself while in the comfort of your own home, some require leaving your home, some take planning and some preparation, and others require having someone else join you.

Take the time to love yourself.

**Coming soon**, these tips will be available as a card set. Interested?

Contact Olive      [knightpros@gmail.com](mailto:knightpros@gmail.com)



Be inspired by  
reading a Psalm  
to yourself

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## STRESS RELIEF CARDS

- Accomplish something outrageous
- Be inspired by reading a Psalm to yourself
- Complete an arts and crafts project
- Compose an entry in your journal. Start with the words: "One good thing that happened today..."
- Conquer a challenging puzzle
- Consider all the things you are thankful for. Be sure to make a list
- Dance, Dance, then Dance some more!
- Draw a hot bath with scented candles, listen to soft, relaxing music.
- Endure house cleaning while doing aerobics to happy music
- Laugh while watching a comedic video
- Get a massage
- Get lost in a good novel or any literature you like
- Go exploring on a day trip
- Go for a relaxing swim
- Go shopping
- Go window-shopping. Be sure to try on a few expensive outfits
- Inscribe an encouraging letter addressed to yourself, saying everything that is good about you
- Lay down for a long, well needed nap, complete with soothing music in the background
- Pay a visit to someone in a nursing home
- Plan a weekend getaway... or just overnight
- Plan your next vacation
- Choose a meditation playlist, listen and relax!
- Prepare a gift basket for someone who needs a little lift.
- Reach out to a loved one
- Read at least one chapter of an inspirational book
- Relax in a sauna, a steam bath or under a hot shower
- Sing a song
- Sit down to a good movie
- Spend a day at a museum
- Take a quiet walk in a peaceful place. Take a moment to admire the view
- Take out those old photos you know will bring back pleasant memories
- Think of your future dreams, and then put them in writing
- Treat yourself to a manicure and pedicure
- Try your hand at a game of cards
- Visit your local library ~ borrow a book, attend a program, or just sit and read
- Whisper a prayer