

# 60 Tips for a Stress-Free Lifestyle

1 - Keep records

2 - Take a deep breath



3 - Get enough sleep

4 - [Stay away from medications](#)

5 - Minimize your caffeine intake

6 - Take care of things - Now!

7 - Fix things now

8 - Plan ahead

9 - Make waiting efficient

10 - Turn off your mobile phone on special occasions

11 - Duplicate important keys

12 - Use the magic [question](#)

13 - Get up earlier

14 - Prepare for the day after

15 - Write everything down.



16 - Do not lie

17 - Stay around happy people

18 - Take a shower

19 - Count before you talk

20 - Talk about your problems

21 - Beware of the weekend exhaustion

22 - Use an alarm

23 - Take a buffer

24 - Repeat names

25 - Have a set time to answer your mobile

26 - Have a shopping list

27 - [Action](#) is a cure to procrastination

28 - Have meeting points in big places



29 - Be Flexible

30 - Have extra meal plans for emergency

31 - Time for everything

32 - [Play Pollyanna often](#)

33 - Ask many questions

34 - [Learn to say "No"](#)

35 - Exercise

## 60 Tips for a Stress-Free Lifestyle

36 - Take stretch breaks every one hour

37 - Find a place to relax

38 - Always take a lunch break

39 - Yoga

40 - Have your own deadlines

41 - Dress comfortably

42 - [Drink plenty of water](#)

43 - Learn your stress signs

44 - [Write down your feelings and thoughts](#)



45 - Solve conflicts

46 - Do the hard stuff first

47 - Delegate to responsible people

48 - Use natural ways to relax

49 - [Laugh as much as you can](#)

50 - Get a massage

51 - Listen to music you love

53 - Use diversion

54 - Clear the clutter

55 - Express yourself

56 - Visualize a happy future

57 - [Have fun every day](#)

58 - [Be kind to others](#)

59 - Be forgiving

60 - Love yourself

To read the details about each of these tips, click on the appropriate link below.

[60 tips for a stress-free lifestyle part 1 \(tips 1-10\)](#)

[60 tips for a stress-free lifestyle part 2 \(tips 11-20\)](#)

[60 tips for a stress-free lifestyle part 3 \(tips 21-30\)](#)

[60 tips for a stress-free lifestyle part 4 \(tips 31-40\)](#)

[60 tips for a stress-free lifestyle part 5 \(tips 41-50\)](#)

[60 tips for a stress-free lifestyle part 6 \(tips 51-60\)](#)

*Ronit Baras*

**The Happiness Coach**

***"Helping You Make Happy Choices!"***

