USCG HEADQUARTERS
WELLNESS BULLETIN

#31 30 December 1991

Maintain Control
by LCDR Denise Whisler, USPHS/USCG (FTS/202)267-6055

The end of the year can be a great time or a disaster. In the holiday spirit of sales, friendships, parties, and promises you can stay in control by using your common sense and remembering some hints noted below.

SET REALISTIC EXPECTATIONS
Don't expect everything to be perfect with relationships and events if you go back home... Time is a wonderful healer of wounds; but the reality of the past may still dominate present actions. You can be open-minded and calm about past (or present) tensions, and realize that the future may be shaped by how you handle today. Be positive. Set realistic new year's resolutions.

You want everything to be perfect at the dinner or party that you have worked so hard on to get ready. Whether for a holiday or a wedding, expect the unexpected [but don't expect someone to be on time if they never have been in the past!] and be willing to smile and laugh a little instead of crying. Plan what you can handle, and ask others for their help so that the event is a success.

STAY WITHIN YOUR BUDGET
The sales at stores may be fantastic, but you need to stop and think - do I really need this? Is this really a sale price? Is the merchandise on sale of a lower quality, seconds, or damaged? How long has it been on your shopping list? Could you get along without it? Is this replacing an item that you already have, or an additional item? What is the cost to benefit ratio (how much benefit/pleasure/usage will you get for the money spent)? Do you have enough money on a monthly basis if it requires a loan [monthly interest on credit card purchases is too high/costly]. You may find that you can get a better deal financially on a new car, with very low interest rates, than on a used car that you have to pay with cash. A new car may cost you less than a used when you consider purchase price, payment interest costs, maintenance costs, and safety factors!

It is very smart/wise to at least think overnight about large purchases so that you do not make rash decisions that you may regret later. This is especially true with door to door sales people and mail orders/TV ads where there is a lot of pressure to buy now, whether you really need it or even want it. Most of the items sold over the TV... can be purchased at reputable stores for far less or at least with a warranty that is reliable. Don't let fancy advertising or "Hollywood theatrics" lure you into buying anything.

KEEP YOUR MONEY, CREDIT CARDS AND VALUABLES

Be VERY careful to whom you open your home door to now. Many innocent-looking adults and children who may want to sell you something or ask for help or money for themselves or some charity, or want to ask you survey questions are thieves casing the area. This is the time of the year, with people being more benevolent, that thieves are "invited" into homes to steal purses and small valuables quickly while you get them a drink of water or make a phone call for them. DO NOT LET STRANGERS IN. Let the newspaper deliverer stand outside your closed locked door while you go to get money due (and be sure to get a receipt to be sure he/she really works for the newspaper...).

The same applies to anyone needing too use the phone; have the door locked with the person/people on the outside, take the number that they want called and call for them, and then tell them that you have made the call and wish him/her (still outside) a happy holiday... If you feel compelled to help others, such as the needy or homeless, do so through organized community and/or religious programs. But, do not open a door to a stranger, because you may be the next theft, rape, or murder victim.

There are even organized pick pocket gangs that work conventions/conferences, amusement parks, and busy stores and malls, streets, and buses & subway & train stations and vehicles while in transit. Handsome men, pretty women, or cute kids can be thieves also. They love this holiday season. Kiss good-bye to wallets in back pockets, loose jewelry, purses not over the shoulder and kept in front at all times (set it down and it's gone) or even purchased items in bags that you set down while looking at something else. You can prevent disaster by using an over-the-shoulder carrying bag that you keep in front, and carrying your money... in a front waist pack (great for males and females). Avoid crowded areas where thieves can "accidentally" bump you and steal what they want while your mind is elsewhere.

TAKE CARE OF YOURSELF

During the holidays it is important (as always) to protect yourself from colds and flu, to stay warm in winter weather, to eat well, to enjoy exercising, to get enough sleep, and to relax. As covered in past Wellness Bulletins, don't over commit your time and energy...you CAN say NO and maintain your sanity.

LET GO OF THE PAST

Be active in the present and prepare for the future. Past burdens, sorrows, and grudges will drain time, energy and happiness from you if you let them control your life. Let each day in 1992 be a new day and a time for achieving dreams and visions, and getting work and projects completed.

NO ACCIDENTS OR VIOLENCE

If you drink, don't drive. And, don't ride with a driver who has been drinking. Verbal or physical abuse to others whom you love (or strangers) will not solve frustrations or problems if everything is not perfect and you get upset or mad/tense. Be brave and smart and walk away from potential violence. Parent, spouse, or child abuse is never appropriate. This holiday give a smile, a friendly word, and/or a hug.

TAK TENT

Irish for take care, the Wellness Programs Branch hopes that you have a safe, prosperous, and healthy 1992. Remember to have your Hoppin' John on new year's eve ("necessary" for having good luck throughout 1992 - ask any Southerner). Fix your special dish how YOU like it; your good luck calories don't count!!

USCG HEADQUARTERS

WELLNESS BULLETIN

#86 18 January 1993

INAUGURATE HEALTHY LIFESTYLES

by CAPT Al Steinman, Chief, Wellness Programs Branch

With the inauguration of President Clinton this week, we enter a new era in the Federal Executive Branch (of which we are all a part). So this is an ideal opportunity to revitalize our efforts towards adopting a healthy lifestyle. Scientific research shows conclusively that you can improve your health substantially through your own actions,. You can reduce your risk for many diseases if you choose healthier foods, exercise, stop smoking, and maintain a healthy weight.

(The following information was adapted from the Office of Personnel Management Pamphlet, "Healthy Federal Worksites by the Year 2000: Information for Employees.")

The U.S. Public Health Service and more than 300 public and private organizations recently worked together to set specific goals and objectives to improve the health of all Americans. The result: a national initiative, called Healthy People 2000: National Health Promotion and Disease Prevention Objectives.

Healthy Worksites by the Year 2000

Employers and employees in public and private work settings are taking an active role in improving health by participating in health promotion and disease prevention activities at the worksite. The Coast Guard Wellness Program is one of many such efforts. Healthy People 2000 includes guidelines for changes in local, State and National policies and programs to protect your health, provide better access to health care, and offer activities and programs to promote health and reduce risk for disease and disability. Healthy People 2000 calls on employers to make their workplaces safer and healthier for everyone, and it encourages individuals to take advantage of programs and services that help promote healthier, more productive lives. The Coast Guard has adopted and already implemented many of the Healthy People 2000 recommendations. The following are some of the goals recommended for both individuals and worksites:

Exercise: "Moderate exercise a few times a week can reduce the risk of heart disease, obesity, and high blood pressure. By the year 2000, the goal is for 30% of adults to engage in light to moderate physical activity for at least 30 minutes each day, and to increase the proportion of worksites that offer physical activity programs for employees." Comment: Many Coast Guard units permit workouts during the duty day; the Wellness Program encourages all members of the Coast Guard family to improve their aerobic capacity, increase their muscle strength and endurance, increase their flexibility, and reduce their body fat.

Follow a Healthy Diet: "The adoption of a lowfat diet can help prevent heart disease, high blood pressure, and certain cancers, and help maintain a healthy weight. A goal for all adults is to reduce dietary fat intake to 30% (or less) of calories, and saturated-fat intake to less than 10% of calories. Another objective calls for an increase in nutrition and weight management programs offered at worksites." Comment: This information is provided to all recruits, OCS students and cadets; it is taught at the CPO Academy and at SS "A" and "C" schools and is included in the MRNs for advancement for E-2 through E-7 paygrades, and has been included in many Wellness Bulletins. New Coast Guard Food Quality Requirements and Guidelines will incorporate these recommendations into galley menus.

Live Smoke Free: "If you smoke, quitting is one of the healthiest actions you can take. Between 1986 and the year 2000, almost two million more smoking-related deaths will be postponed or avoided because people have already decided to quit smoking or not to start. Healthy People 2000 calls for a reduction in smoking to no more than 15% of adults, and an increase in the number of worksites that prohibit or severely restrict smoking." Comment: The Coast Guard already has the strictest no-smoking policy in the Armed Forces, if not the entire government. Our average smoking rate is only 20%, so we still have a ways to go to get down to 15%. Also, don't forget about smokeless tobacco -- it can kill you from mouth cancer at a far younger age (teens, 20's and 30's) than can lung cancer from smoking!

Use Alcohol in Moderation: "You will greatly reduce your chance of unintentional injury and poor health by limiting your alcohol consumption. Pregnant women who refrain from drinking reduce the risk of birth defects in their unborn children. By the year 2000, the national objective calls for 69% of worksites to adopt alcohol and drug policies." Comment: We're already there in the Coast Guard. We have an excellent rehabilitation program, but we need to do better in the prevention end of the business.

IT'S OKAY NOT TO DRINK!

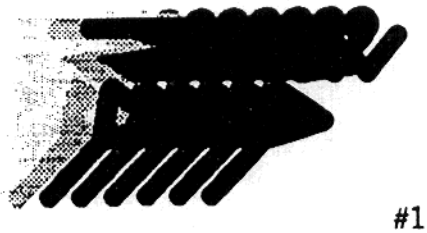
Increase Use of Safety Belts: "Lap and shoulder safety belts will reduce by half the front-seat passenger risk of fatal or serious injury. In 1990 safety belts saved 4800 lives and prevented 125,000 moderate to critical injuries among front-seat passengers over four years old. National objectives call for an increased use of occupant protection systems for all ages, and an increase in the percent of worksites requiring safety belts during work-related travel." Comment: The Coast Guard already mandates safety belts for work-related travel, and our safety program teaches seat-belt use for everyone in the Coast Guard family.

Healthy People 2000 is, indeed, a forward-thinking, easily adopted set of recommendations designed to help you Look Better, Feel Better, Work Better, Play Better, Think Better, and Live Longer! Yes, wellness works!

WELLNESS PROGRAM OF THE WEEK: CGC DURABLE

CGC DURABLE has taken hold of the concept of wellness, establishing an award program all its own. Commanding Officer, CDR J.G. Parker, with the assistance of his recently assigned WPS trained personnel, (XO, LCDR Eddie Mack and SK1 Don Davis), has initiated the "Road Runner" Fitness Award Program (DURINST 6100.1). Modeled after the President's Council on Physical Fitness/Fit for Duty-Fit for Life Award, "Road runners" continue to receive recognition for accumulating "points" over and above those required for the Fit for Duty-Fit for Life Award program. For more information call LCDR Mack at (813) 893-3133.

U.S. COAST GUARD
WELLNESS BULLETINS



#109 28 June 1993

101 Ways To Cope With Stress
by CWO Wayne Baranczyk, Wellness Programs Branch

The following tips for reducing stress have been provided by the Family Advocacy Program, Fort Ord, CA (408) 242-5611.

Believe in yourself.
Exercise every day.
Go on a picnic.
Feed the birds.
Go to a ball game and scream.
Memorize a joke.
Cook a meal and eat it by candlelight.
Ask a friend for a hug.
Practice a monster smile.
Stand up and stretch.
Learn a new doodle.
Tickle a baby.
Get up 15 minutes earlier.
Pet a friendly dog/cat.
Plant a tree.
Practice breathing slowly.
Throw a paper airplane.
Stop saying negative things to yourself.
Say something nice to someone.
Avoid tight fitting clothes.
Set appointments ahead.
Don't rely on your memory...write it down.
Practice preventive maintenance.
Make duplicate keys.
Say no more often.
Set priorities in your life.
Avoid negative people.
Pay attention to your appearance.
Use time wisely.
Simplify meal times.
Always make copies of important papers.
Know your limitations and let others know them too.
Anticipate your needs.
Repair anything that doesn't work properly.
Prepare for the morning the night before.
Have a support network of people, places and things.
Ask for help with the jobs you dislike.
Break large tasks into bite size portions.
Look at challenges differently.
Unclutter your life.

Smile.
Be prepared for rain.
Don't know all the answers.
Look for the silver lining.
Avoid relying on chemical aids.
Teach a kid to fly a kite.
Walk in the rain.
Schedule play time into every day.
Take a bubble bath.
Be aware of the decisions you make.
Visualize yourself winning.
Develop your sense of humor.
Stop thinking tomorrow will be a better day.
Have goals for yourself.
Dance a jig.
Say hello to a stranger.
Look up at the stars.
Learn to whistle a tune.
Read a poem.
Listen to a symphony.
Watch a ballet.
Read a story curled up in bed.
Do a brand new thing.
Stop a bad habit.
Buy yourself a flower,.
Take time to smell the flower.
Find support from others.
Ask someone to be your "vent-partner."
Do it today.
Work at being cheerful and optimistic.
Put safety first.
Do everything in moderation.
Strive for excellence NOT perfection.
Stretch your limits a little each day.
Look at a work of art.
Hum a jingle.
Maintain your weight.
Practice grace under pressure.
Always have a plan "B."
Be responsible for your feelings.
Learn to meet your own needs.
Become a better listener.
Tell someone to have a good day in pig latin.
Learn the words of a new song.
Get to work early.
Clean out one closet.
Play patty cake with a toddler.
Take a different route to work.
Leave work early (with permission).
Put air freshener in your car.
Watch a movie and eat popcorn.
Write a note to a far away friend.
Recognize the importance of unconditional love.
Remember that stress is an attitude.
Keep a journal.
Remember you always have options.
Quit trying to "fix" other people.
Get enough sleep.

P.S. Relax, take each day at a time... you have the rest of your life to live.

USCG HEADQUARTERS

WELLNESS BULLETIN

#31 30 December 1991

Maintain Control

by LCDR Denise Whisler, USPHS/USCG (FTS/202)267-6055

The end of the year can be a great time or a disaster. In the holiday spirit of sales, friendships, parties, and promises you can stay in control by using your common sense and remembering some hints noted below.

SET REALISTIC EXPECTATIONS

Don't expect everything to be perfect with relationships and events if you go back home... Time is a wonderful healer of wounds; but the reality of the past may still dominate present actions. You can be open-minded and calm about past (or present) tensions, and realize that the future may be shaped by how you handle today. Be positive. Set realistic new year's resolutions.

You want everything to be perfect at the dinner or party that you have worked so hard on to get ready. Whether for a holiday or a wedding, expect the unexpected [but don't expect someone to be on time if they never have been in the past!] and be willing to smile and laugh a little instead of crying. Plan what you can handle, and ask others for their help so that the event is a success.

STAY WITHIN YOUR BUDGET

The sales at stores may be fantastic, but you need to stop and think - do I really need this? Is this really a sale price? Is the merchandise on sale of a lower quality, seconds, or damaged? How long has it been on your shopping list? Could you get along without it? Is this replacing an item that you already have, or an additional item? What is the cost to benefit ratio (how much benefit/pleasure/usage will you get for the money spent)? Do you have enough money on a monthly basis if it requires a loan [monthly interest on credit card purchases is too high/costly]. You may find that you can get a better deal financially on a new car, with very low interest rates, than on a used car that you have to pay with cash. A new car may cost you less than a used when you consider purchase price, payment interest costs, maintenance costs, and safety factors!

It is very smart/wise to at least think overnight about large purchases so that you do not make rash decisions that you may regret later. This is especially true with door to door sales people and mail orders/TV ads where there is a lot of pressure to buy now, whether you really need it or even want it. Most of the items sold over the TV... can be purchased at reputable stores for far less or at least with a warranty that is reliable. Don't let fancy advertising or "Hollywood theatrics" lure you into buying anything.

KEEP YOUR MONEY, CREDIT CARDS AND VALUABLES

Be VERY careful to whom you open your home door to now. Many innocent-looking adults and children who may want to sell you something or ask for help or money for themselves or some charity, or want to ask you survey questions are thieves casing the area. This is the time of the year, with people being more benevolent, that thieves are "invited" into homes to steal purses and small valuables quickly while you get them a drink of water or make a phone call for them. DO NOT LET STRANGERS IN. Let the newspaper deliverer stand outside your closed locked door while you go to get money due (and be sure to get a receipt to be sure he/she really works for the newspaper...).

The same applies to anyone needing too use the phone; have the door locked with the person/people on the outside, take the number that they want called and call for them, and then tell them that you have made the call and wish him/her (still outside) a happy holiday... If you feel compelled to help others, such as the needy or homeless, do so through organized community and/or religious programs. But, do not open a door to a stranger, because you may be the next theft, rape, or murder victim.

There are even organized pick pocket gangs that work conventions/conferences, amusement parks, and busy stores and malls, streets, and buses & subway & train stations and vehicles while in transit. Handsome men, pretty women, or cute kids can be thieves also. They love this holiday season. Kiss good-bye to wallets in back pockets, loose jewelry, purses not over the shoulder and kept in front at all times (set it down and it's gone) or even purchased items in bags that you set down while looking at something else. You can prevent disaster by using an over-the-shoulder carrying bag that you keep in front, and carrying your money... in a front waist pack (great for males and females). Avoid crowded areas where thieves can "accidentally" bump you and steal what they want while your mind is elsewhere.

TAKE CARE OF YOURSELF

During the holidays it is important (as always) to protect yourself from colds and flu, to stay warm in winter weather, to eat well, to enjoy exercising, to get enough sleep, and to relax. As covered in past Wellness Bulletins, don't over commit your time and energy...you CAN say NO and maintain your sanity.

LET GO OF THE PAST

Be active in the present and prepare for the future. Past burdens, sorrows, and grudges will drain time, energy and happiness from you if you let them control your life. Let each day in 1992 be a new day and a time for achieving dreams and visions, and getting work and projects completed.

NO ACCIDENTS OR VIOLENCE

If you drink, don't drive. And, don't ride with a driver who has been drinking. Verbal or physical abuse to others whom you love (or strangers) will not solve frustrations or problems if everything is not perfect and you get upset or mad/tense. Be brave and smart and walk away from potential violence. Parent, spouse, or child abuse is never appropriate. This holiday give a smile, a friendly word, and/or a hug.

TAK TENT

Irish for take care, the Wellness Programs Branch hopes that you have a safe, prosperous, and healthy 1992. Remember to have your Hoppin' John on new year's eve ("necessary" for having good luck throughout 1992 - ask any Southerner). Fix your special dish how YOU like it; your good luck calories don't count!!

USCG HEADQUARTERS

WELLNESS BULLETIN

#86 18 January 1993

INAUGURATE HEALTHY LIFESTYLES

by CAPT Al Steinman, Chief, Wellness Programs Branch

With the inauguration of President Clinton this week, we enter a new era in the Federal Executive Branch (of which we are all a part). So this is an ideal opportunity to revitalize our efforts towards adopting a healthy lifestyle. Scientific research shows conclusively that you can improve your health substantially through your own actions,. You can reduce your risk for many diseases if you choose healthier foods, exercise, stop smoking, and maintain a healthy weight.

(The following information was adapted from the Office of Personnel Management Pamphlet, "Healthy Federal Worksites by the Year 2000: Information for Employees.")

The U.S. Public Health Service and more than 300 public and private organizations recently worked together to set specific goals and objectives to improve the health of all Americans. The result: a national initiative, called Healthy People 2000: National Health Promotion and Disease Prevention Objectives.

Healthy Worksites by the Year 2000

Employers and employees in public and private work settings are taking an active role in improving health by participating in health promotion and disease prevention activities at the worksite. The Coast Guard Wellness Program is one of many such efforts. Healthy People 2000 includes guidelines for changes in local, State and National policies and programs to protect your health, provide better access to health care, and offer activities and programs to promote health and reduce risk for disease and disability. Healthy People 2000 calls on employers to make their workplaces safer and healthier for everyone, and it encourages individuals to take advantage of programs and services that help promote healthier, more productive lives. The Coast Guard has adopted and already implemented many of the Healthy People 2000 recommendations. The following are some of the goals recommended for both individuals and worksites:

Exercise: "Moderate exercise a few times a week can reduce the risk of heart disease, obesity, and high blood pressure. By the year 2000, the goal is for 30% of adults to engage in light to moderate physical activity for at least 30 minutes each day, and to increase the proportion of worksites that offer physical activity programs for employees." Comment: Many Coast Guard units permit workouts during the duty day; the Wellness Program encourages all members of the Coast Guard family to improve their aerobic capacity, increase their muscle strength and endurance, increase their flexibility, and reduce their body fat.

Follow a Healthy Diet: "The adoption of a lowfat diet can help prevent heart disease, high blood pressure, and certain cancers, and help maintain a healthy weight. A goal for all adults is to reduce dietary fat intake to 30% (or less) of calories, and saturated-fat intake to less than 10% of calories. Another objective calls for an increase in nutrition and weight management programs offered at worksites." Comment: This information is provided to all recruits, OCS students and cadets; it is taught at the CPO Academy and at SS "A" and "C" schools and is included in the MRNs for advancement for E-2 through E-7 paygrades, and has been included in many Wellness Bulletins. New Coast Guard Food Quality Requirements and Guidelines will incorporate these recommendations into galley menus.

Live Smoke Free: "If you smoke, quitting is one of the healthiest actions you can take. Between 1986 and the year 2000, almost two million more smoking-related deaths will be postponed or avoided because people have already decided to quit smoking or not to start. Healthy People 2000 calls for a reduction in smoking to no more than 15% of adults, and an increase in the number of worksites that prohibit or severely restrict smoking." Comment: The Coast Guard already has the strictest no-smoking policy in the Armed Forces, if not the entire government. Our average smoking rate is only 20%, so we still have a ways to go to get down to 15%. Also, don't forget about smokeless tobacco -- it can kill you from mouth cancer at a far younger age (teens, 20's and 30's) than can lung cancer from smoking!

Use Alcohol in Moderation: "You will greatly reduce your chance of unintentional injury and poor health by limiting your alcohol consumption. Pregnant women who refrain from drinking reduce the risk of birth defects in their unborn children. By the year 2000, the national objective calls for 69% of worksites to adopt alcohol and drug policies." Comment: We're already there in the Coast Guard. We have an excellent rehabilitation program, but we need to do better in the prevention end of the business.

IT'S OKAY NOT TO DRINK!

Increase Use of Safety Belts: "Lap and shoulder safety belts will reduce by half the front-seat passenger risk of fatal or serious injury. In 1990 safety belts saved 4800 lives and prevented 125,000 moderate to critical injuries among front-seat passengers over four years old. National objectives call for an increased use of occupant protection systems for all ages, and an increase in the percent of worksites requiring safety belts during work-related travel." Comment: The Coast Guard already mandates safety belts for work-related travel, and our safety program teaches seat-belt use for everyone in the Coast Guard family.

Healthy People 2000 is, indeed, a forward-thinking, easily adopted set of recommendations designed to help you Look Better, Feel Better, Work Better, Play Better, Think Better, and Live Longer! Yes, wellness works!

WELLNESS PROGRAM OF THE WEEK: CGC DURABLE

CGC DURABLE has taken hold of the concept of wellness, establishing an award program all its own. Commanding Officer, CDR J.G. Parker, with the assistance of his recently assigned WPS trained personnel, (XO, LCDR Eddie Mack and SK1 Don Davis), has initiated the "Road Runner" Fitness Award Program (DURINST 6100.1). Modeled after the President's Council on Physical Fitness/Fit for Duty-Fit for Life Award, "Road runners" continue to receive recognition for accumulating "points" over and above those required for the Fit for Duty-Fit for Life Award program. For more information call LCDR Mack at (813) 893-3133.

U.S. COAST GUARD
WELLNESS BULLETINS

#109 28 June 1993

101 Ways To Cope With Stress

by CWO Wayne Baranczyk, Wellness Programs Branch

The following tips for reducing stress have been provided by the Family Advocacy Program, Fort Ord, CA (408) 242-5611.

Believe in yourself.
Exercise every day.
Go on a picnic.
Feed the birds.
Go to a ball game and scream.
Memorize a joke.
Cook a meal and eat it by candlelight.
Ask a friend for a hug.
Practice a monster smile.
Stand up and stretch.
Learn a new doodle.
Tickle a baby.
Get up 15 minutes earlier.
Pet a friendly dog/cat.
Plant a tree.
Practice breathing slowly.
Throw a paper airplane.
Stop saying negative things to yourself.
Say something nice to someone.
Avoid tight fitting clothes.
Set appointments ahead.
Don't rely on your memory...write it down.
Practice preventive maintenance.
Make duplicate keys.
Say no more often.
Set priorities in your life.
Avoid negative people.
Pay attention to your appearance.
Use time wisely.
Simplify meal times.
Always make copies of important papers.
Know your limitations and let others know them too.
Anticipate your needs.
Repair anything that doesn't work properly.
Prepare for the morning the night before.
Have a support network of people, places and things.
Ask for help with the jobs you dislike.
Break large tasks into bite size portions.
Look at challenges differently.
Unclutter your life.

Smile.
Be prepared for rain.
Don't know all the answers.
Look for the silver lining.
Avoid relying on chemical aids.
Teach a kid to fly a kite.
Walk in the rain.
Schedule play time into every day.
Take a bubble bath.
Be aware of the decisions you make.
Visualize yourself winning.
Develop your sense of humor.
Stop thinking tomorrow will be a better day.
Have goals for yourself.
Dance a jig.
Say hello to a stranger.
Look up at the stars.
Learn to whistle a tune.
Read a poem.
Listen to a symphony.
Watch a ballet.
Read a story curled up in bed.
Do a brand new thing.
Stop a bad habit.
Buy yourself a flower,.
Take time to smell the flower.
Find support from others.
Ask someone to be your "vent-partner."
Do it today.
Work at being cheerful and optimistic.
Put safety first.
Do everything in moderation.
Strive for excellence NOT perfection.
Stretch your limits a little each day.
Look at a work of art.
Hum a jingle.
Maintain your weight.
Practice grace under pressure.
Always have a plan "B."
Be responsible for your feelings.
Learn to meet your own needs.
Become a better listener.
Tell someone to have a good day in pig latin.
Learn the words of a new song.
Get to work early.
Clean out one closet.
Play patty cake with a toddler.
Take a different route to work.
Leave work early (with permission).
Put air freshener in your car.
Watch a movie and eat popcorn.
Write a note to a far away friend.
Recognize the importance of unconditional love.
Remember that stress is an attitude.
Keep a journal.
Remember you always have options.
Quit trying to "fix" other people.
Get enough sleep.

P.S. Relax, take each day at a time... you have the rest of your life to live.