

# TIPS FOR HEALTHY LIVING

**i.e., managing stress before it manages you**

1. Get enough SLEEP.
2. Do one thing for yourself everyday. Take time for yourself.
3. Have a good friend, and make time to spend with him/her.
4. Do NOT procrastinate. DO IT NOW.
5. Cry (without guilt) when you need to; it can be a great way to relieve tension.
6. Call home once a week (unless it causes more stress).
7. EXERCISE every day.
8. EAT a healthy diet.
9. Keep communication open and flowing.
10. Participate in activities and social events.
11. Stay organized....Use a planner.
12. Get a massage...touch is so important...hugs every day.
13. Surround yourself with positivism, both people and things.
14. BREATHE (slow, deep, relaxed)
15. Only take on what you can handle and still keep yourself sane.
16. Ask for help.
17. Get away.
18. Learn to step back...keep life in perspective.
19. Find a place to relax...if you can't go there literally---relax, breathe, and go there in your mind.
20. Stay away from illegal substances...they only spell trouble.
21. SEX (safe).