

28 POWERFUL TIPS TO RELIEVE STRESS

- MAKE EVERY MOMENT MATTER • LIVE WITHIN YOUR MEANS • BUILD IN "WIGGLE ROOM"
- KNOW YOUR LIMITS • DO THINGS RIGHT THE FIRST TIME • BE OPEN TO FEEDBACK • BE GRATEFUL
- TAKE CALCULATED RISKS • KEEP THINGS IN PERSPECTIVE • MANAGE YOUR EXPECTATIONS
- RESERVE "ME" TIME • SAY "NO" • WORK HARD AND WORK SMART • PLAN AHEAD • BE EARLY
- GO WITH THE FLOW • STRIVE FOR EXCELLENCE, NOT PERFECTION • PROTECT YOUR DOWNSIDE
- LEARN THAT CHEAPER ISN'T ALWAYS LESS EXPENSIVE • BE REALISTIC • FIND THE RIGHT BALANCE
- SET PRIORITIES • SAVE FOR A RAINY DAY • DO PREVENTIVE MAINTENANCE • LET IT GO
- LEARN THE MEANING OF ENOUGH • CHILL OUT • LISTEN TO YOUR CONSCIENCE

