

### Guaranteed “Stress Less” Tips!



Do you create unnecessary stress for yourself? You are among many friends! Here are some practical moves you can make today to gain a little more calm and a little less chaos.



**Get up fifteen minutes earlier in the morning. The inevitable morning mishaps will be less stressful.**



**Prepare for the morning the evening before. Make lunches, put out the clothes you want to wear, etc.**



**Write down appointments. Trying to remember not to forget can be very stressful.**



**Make duplicates of all keys. Have a house key hidden outside, and keep a spare car key with you at all times.**



**Plan ahead. Don't let the gas tank get below one-quarter full. Keep a well-stocked "emergency shelf" of home staples, etc.**



**Don't put up with something that doesn't work right. If your alarm clock, shoelaces, windshield wipers, etc. are a constant aggravation, fix them or get new ones.**



**Be prepared to wait. A book can make a wait in a post office or checkout line more enjoyable.**