

100 Ways For Freedom From Stress



**Living In
Wellbeing**

Centre For Human Perfection

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100 ways for freedom from stress, How can we reduce stress ?

Stress is part and parcel of our day to day life. Every day from morning till we are asleep and also from birth to death each and [everybody has to face one or other problem in life](#), which will create a lot of stress and strain. In fact, at one end we are trying to avoid stressful situations, but at the other end it is coming in a big way. It is a fact that, to live a life some stress is really needed. But when it exceeds the limits we cannot cop with it. And it will lead to a series of problems, both physical and mental. Each and everybody is a victim of stress.

Then, what we will do? We have to live in this world ! So, it is hightime that we should change our attitude & approach, always enabling us to face and solve the so-called stressful situations in the most effective way. Here we are providing some simple tips and tools that we can utilize wisely, [to lead a stressfree life](#).

- 1) Always forgive ourselves for our own mistakes
- 2) Always make it a point to forgive others for their mistakes.
- 3) Always do one thing at a time
- 4) Take breaks in between your work
- 5) Don't worry about the things that are beyond your control
- 6) Don't analyze very deeply, simply start always
- 7) Better don't get others
- 8) Always say No, when you are unable to help
- 9) Always keep a daily "TO DO" list
- 10) Don't bother about old things and memories
- 11) Always have a sense of self approval
- 12) Don't try to be a perfectionist
- 13) Always have a let go attitude
- 14) Don't get involved in little things
- 15) Don't worry about your previous decisions
- 16) Understand that everything in our life is temporary
- 17) Always ask ourselves whether I am right or wrong
- 18) Always laugh out and in
- 19) Don't take all responsibilities
- 20) Always take be positive
- 21) Don't compare with others
- 22) Have a smile at everybody you see
- 23) Start everything with a positive attitude
- 24) Don't think about things that are never happened
- 25) Don't react aggressively
- 26) Always have regular exercise

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- 27) Don't over work
- 28) Don't eat for taste, but eat for nourishment
- 29) Express always be grateful to your supporters
- 30) Instead of driving go by walk for small distances
- 31) Do things which make you happy
- 32) Always observe and enjoy the nature
- 33) Don't watch the TV when eating
- 34) Reduce the time in front of TV –
- 35) Always listen to relaxing music
- 36) Use modern gadgets to reduce physical and mental effort
- 37) Go to bed early and wake up early
- 38) Always have a relaxing time in beach, riverside and gardens.
- 39) Do a new thing every day
- 40) Do some help to someone everyday
- 41) Tell your best friend how you feel daily
- 42) Always pray in the morning and night
- 43) Reduce your unnecessary commitments
- 44) Don't involve in others unnecessary issues
- 45) Don't have unnecessary dreams in life
- 46) Always be aware of your breathing
- 47) Practice deep breathing at least ten minutes a day
- 48) As far as possible help others
- 49) Regularly practice total body relaxations
- 50) Don't be worried [about the problems in life](#)
- 51) When you wake up have a gratitude prayer
- 52) Find time to spend your time with the children or pets
- 53) Try to laugh at yourself in front of a mirror
- 54) Always be earlier for any function
- 55) Your peace of mind is your first priority
- 56) Find ways and means to reveal your creativity
- 57) Regularly do brain puzzles
- 58) Always be light hearted and be happy
- 59) Don't be a complaint box
- 60) Don't use unnecessary words
- 61) Eat your meals slowly and enjoying it
- 62) Boost your energy levels in the natural way

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- 63) Spend money very carefully
- 64) Reduce your unnecessary luxuries
- 65) Use less electronics equipments
- 66) Always read useful books
- 67) Try to communicate with light minded persons
- 68) Reduce the intake of coffee and tea
- 69) Always take natural foods and vegetables
- 70) Always connect with positive people
- 71) Don't try to solve unnecessary problems in life
- 72) Do a hobby that you like with full attention
- 73) Never bother about gossip
- 74) Always nurture positive thoughts in life
- 75) Always set realistic goals in life
- 76) Always take care of your health
- 77) Don't be worried imaginary problems
- 78) Maintain an optimistic attitude on life
- 79) Manage our time very effectively
- 80) Don't bother about very silly things in life
- 81) It is wise to understand that everything gets executed after taking a long time than you think
- 82) It is a good practice to keep a daily diary to monitor & check your daily activities
- 83) Delegates things to others
- 84) Never argue with ignorant people
- 85) Adopt a stress free attitude
- 86) Change negative situations into positive outcomes
- 87) Adapt antistress activities
- 88) Went tired take some rest
- 89) Avoid unnecessary friendship
- 90) Don't have more expectation in life
- 91) Understand that fear is only a temporary thing
- 92) Better don't try to make others agree with you
- 93) Try to avoid negative situations
- 94) Take every setback as a new success

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- 95) Instead of thinking & worrying about the past events, better to live in the present time.
- 96) Consider challenges in life as golden opportunities
- 97) Try to break your belief systems
- 98) Always try to have emotional freedom
- 99) Understand that life is not as you think
- 100) Understand that the future is the unknown

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