

BE LESS STRESSED TOOLKIT

Life Hacks to Reduce Stress



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Life Hack #1

Decide to make the commitment over the next 12 months to live as if there really might be no tomorrow.



Life Hack #2

Even if it is just 60 seconds twice a day, take the time to just stop and breathe for a moment. It will slow down your engine, allow you to regroup, and enable you to focus with greater clarity.



Life Hack #3

Your stress may be a gift – a warning signal that it is finally time to make the changes you've been putting off.

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Life Hack #4

Why wait for an epiphany? Your body may be sounding the alarm that could save your life.



Life Hack #5

In this often noisy, chaotic, unpredictable, and constantly-connected world, consider taking 5 minutes each day to “just be.” If your mind wanders, gently bring it back. At the end of 30 days, see what insights have bubbled up by simply sitting in silence. If you take care of these moments, it is more likely tomorrow will take care of itself.



Life Hack #6

Reflect back over the past 3 months and identify 3 moments which brought you joy, peace, excitement, energy, or gratitude. How can you create more of them?

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Life Hack #7

When things don't turn out the way you would like, stop for a moment and ask yourself, "Is there a lesson I can learn from this experience?" (You might as well get something good out of a bad situation, right?)



Life Hack #8

When it feels like you're on a nightmarish rollercoaster ride that will never end, what would happen if you stopped screaming and tried to flow for a while with the ups and downs instead of fighting against them?



Life Hack #9

Each day presents another opportunity to move forward. The past is already gone, so don't beat yourself up about something that is now behind you.

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Life Hack #10

Spend 30 minutes making a list of what and who are really important to you and the state of mind to which you aspire.



Life Hack #11

Be honest and assess how much time and energy you have spent on your true priorities in life.



Life Hack #12

Do one thing at a time in a serial fashion rather than being lured by the false promise of multi-tasking. Studies show you will get more done in less time and more efficiently.



Life Hack #13

Take 30 minutes to reflect on all the good things that have happened and the obstacles you have overcome over the past 12 months.