

# Proven Ways To Reduce Stress

*These techniques are guaranteed antidotes to the everyday stresses of work and life. Feel free to share them with others and add your own.*

1. Take tuba lessons. Bring it to work and practice during your breaks.
2. Make a list of things to do today that you have already done.
3. Forward phone calls to your fax machine and vice versa.
4. Launch watermelons from high places.
5. While shopping, announce over the intercom that you are today's Grand Prize Winner. Go to the manager and demand your prize.
6. Pick a day to have everyone speak to the boss in gibberish.
7. Replace the filling of a Twinkie with sour cream. Leave it on the break room table.
8. Dress up in a hula skirt and dance in front of your pets.
9. Put your garbage can on your desk and label it "IN."
10. When someone says, "Have a nice day," smile and reply, "No thanks. I'm cutting back."
11. Park in a spot reserved for someone else and paste "Employee of the Month" over the sign.
12. Leaf through a National Geographic and draw underwear on the natives.
13. Start a rumor and see if you recognize it when it comes back to you.
14. Dye your hair hot pink and see how many people pretend not to notice.
15. Sing along at the opera.
16. Make up a language and ask people for directions.
17. Tattoo "OUT TO LUNCH" on your forehead.
18. Ask a stranger where they are from. Laugh hysterically after they answer.
19. Read the dictionary upside down and look for secret messages.
20. Wear pink slippers and a fluffy bathrobe to work on casual dress day.
21. Hide in the big recycling bin at work. Say "Thanks!" when someone puts in paper.
22. Stare at people through the tines of a fork and pretend they are in jail.
23. Park at the side of the road and point a hair dryer at passing cars to see if they slow down.
24. Put mosquito netting around your work area. Play a tape of jungle sounds all day.
25. When you get money from the ATM, scream "I won! I won! Third time this week!!"
26. \_\_\_\_\_
27. \_\_\_\_\_
28. \_\_\_\_\_
29. \_\_\_\_\_
30. \_\_\_\_\_