

# How to Relax and Reduce Stress

Caring for a baby can be tiring and stressful. Make sure to find ways to “calm yourself” so that you will be able to “calm your baby” and more easily cope with a crying baby.

- Play with your pet
- Let the answering machine take your calls
- Cuddle up with your favorite book
- Meditate for 10 minutes daily
- Enjoy a comedy at your local movie theater or rent one
- Take a stroll in the park
- Phone an old friend and talk about good memories
- Marvel at the night sky
- Blow bubbles
- Listen to your favorite music
- Watch the sunset or sunrise
- Make a list of the things that make you smile
- Laugh out loud
- Look at your favorite photos
- Treat yourself to ice cream or frozen yogurt
- Go for a swim
- Have a foot rub
- Soak your feet in warm water
- Lounge around in pajamas
- Toss a ball
- Begin a cross word puzzle and don't worry about finishing it
- Relax in a rocking chair
- Lie on your back and watch the clouds
- Paint a picture
- Let your mind wander
- Plan a surprise for a loved one
- Take a nap
- Collect seashells at the beach
- Sip a cup of hot chocolate, coffee or tea
- Read the comics
- Go for a long country drive
- Take off your watch
- Play a board game or a card game
- Dance
- Sing
- Ride a bike
- Write a poem
- Accept the things you cannot change
- Play with a pet
- Reflex on your joys
- Avoid clutter
- Light your favorite scented candles

