



*How to Handle
Life's Little Problems*

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Spin Like a Helicopter

Remember when you were a little kid and you used to throw your arms out wide, then spin, spin, spin like a helicopter? It felt sooooo good! You would spin until you couldn't spin any longer, then fall to the ground and feel the world seem to spin around *you*.

You don't need to be a little kid to "helicopter." Recapture that fab feeling of abandon by going for a spin right now.

Does the word STRESSED give you stress? Just read the word backwards. Now it says DESSERTS!

Change Your Perspective

What do you see in this picture?



Some people see a vase. Some see two faces. Both are right. It just depends on how you look at it!

It's the same thing with problems: you can get stuck seeing them in one way. But change up your point of view and the same situation can suddenly look completely different.



Take a Walk

When you take a walk, you don't need to have a destination. Just getting outside and stretching your legs feels good.

Start out fast. Take long, quick strides. Let your arms swing freely. Get that blood pumping.

After a few minutes, slow your pace. Look up at the sky. Pay attention to what's happening around you. What do you hear? What do you smell? What's *different* from the last time you walked along this route?



You can turn almost any activity into a game. Need to tidy your room? Assign points for every item you put away. When you reach a predetermined goal, you win! (Don't forget to give yourself style points for folding with flair.)

Play a Game

It can take two minutes (Tic-Tac-Toe) or all day (Monopoly).

It can be something you play on your own (Solitaire) or something you play with someone else (Tag).

You can play a game with pencil and paper (Hangman), a ball (HORSE) or a console (Minecraft).

You can play with a baby (Peekaboo!) or even a pet (Fetch!).

Whatever game you play, you'll win big at reducing stress.