

Ways to Handle Stress

1. Jam 39 tiny marshmallows up your nose and try to sneeze them out.
2. Use your Mastercard to pay your Visa.
3. Pop some popcorn without putting the lid on.
4. When someone says "have a nice day", tell them you have other plans
5. Find out what a frog in a blender really looks like.
6. Forget the diet center and send yourself a candy gram.
7. Make a list of things to do that you've already done.
8. Put your toddler's clothes on backwards and send him off to preschool as if nothing is wrong.
9. Retaliate for tax woes by filling out your tax forms with Roman Numerals.
10. Tape pictures of your boss on watermelons and launch them from high places.
11. Tattoo "out to lunch" on your forehead.
12. Leaf through a National Geographic and draw underwear on the natives.
13. Pay your electric bill in pennies.
14. Drive to work in reverse.
15. Relax by mentally reflecting on your favorite episode of "The Flintstones" during that important finance meeting.
16. Refresh yourself: put your tongue on a cold steel guardrail.
17. Polish your car with ear wax.
18. Read the dictionary upside down and look for secret messages.
19. Bill your doctor for the time spent in his waiting room.
20. Braid the hairs in each nostril.
21. Write a short story, using alphabet soup.
22. Share at people through the lines on a fork and pretend they are in jail.
23. Make up a language and ask people for directions.
24. Go shopping. Buy everything. Sweat in it. Return it the next day.
25. Dance naked in front of your pets.
26. Sit naked on shelled hard boiled egg.
27. Start a nasty rumor and see if you recognize it when it comes back to you.
28. Lie on our back eating celery ... using your navel as a salt dipper.

