

# THE NINES'S FOR SUCCESSFUL STRESS MANAGEMENT

## Phil Barth SPEAKS, LLC

For the complete list of items  
– check out my blog



[www.philbarth.com](http://www.philbarth.com)

- 1 Seek the Green (The Good)**  
Seek it / Save it / Share it. You'll find it, then it will find you.
- 2 Subtract the Red (The Bad)**  
Eliminate the optional negativity. When you can't subtract any more you have to ADD.
- 3 Step out of your comfort zone**  
There's a reason why Nike doesn't have the slogan "Just sit on your butt".
- 4 Share the love.**  
Phone a friend. Write someone a note. Do it today!
- 5 Start the Day off positively.**  
Affirmations, Meditation, Reading, Yoga, Gratitude – whatever works for you.
- 6 Self love:**  
If you're not seeing the good in yourself you're not able to see the good in others
- 7 Step back in time to a great memory**  
Listening to a favorite song can take you back. Make a new play list!
- 8 Start something silly**  
You aren't laughing enough. Find something funny and laugh loud and long.
- 9 Small things make a difference – celebrate them!**  
It can be a morning hug, a walk in the rain or a banana milkshake. Celebrate it!