

How to cope with stress

Write things down	Bike	Garden	Visit your family	Read
Deep breathing	Watch a movie	Take a walk	Cooking	Use humor
Watch TV	Yell	FREE	Create something	Help a friend
Listen to music	Walk away	Meditate	Go to a meeting (AA/NA)	Shower
Go outside	Dance	Talk to a friend	Yoga	Exercise

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Yell	Cooking	Visit your family	Deep breathing	Take a walk
Garden	Yoga	Read	Dance	Use humor
Listen to music	Create something	FREE	Help a friend	Bike
Go to a meeting (AA/NA)	Talk to a friend	Write things down	Exercise	Walk away
Meditate	Shower	Watch TV	Watch a movie	Go outside

How to cope with stress

Dance	Talk to a friend	Cooking	Shower	Create something
Write things down	Listen to music	Meditate	Watch a movie	Read
Watch TV	Exercise	FREE	Walk away	Go to a meeting (AA/NA)
Yell	Use humor	Visit your family	Yoga	Garden
Help a friend	Bike	Take a walk	Deep breathing	Go outside