

# How to cope with stress

|                   |                   |                          |                         |                  |
|-------------------|-------------------|--------------------------|-------------------------|------------------|
| Write things down | Create something  | Go on a boat             | Use humor               | Meditate         |
| Eat               | Watch TV          | Spend time with your pet | Cry                     | Talk to a friend |
| Walk away         | Yell              | <b>FREE</b>              | Deep breathing          | Help a friend    |
| Listen to music   | Visit your family | Make a gratitude list    | Go to a meeting (AA/NA) | Read             |
| Go outside        | Drink             | Take a walk              | Yoga                    | Exercise         |

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| Listen to music         | Deep breathing | <b>FREE</b>       | Help a friend | Create something         |
| Go to a meeting (AA/NA) | Take a walk    | Write things down | Exercise      | Visit your family        |
| Make a gratitude list   | Read           | Walk away         | Watch TV      | Go outside               |

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| Write things down | Listen to music  | Make a gratitude list    | Watch TV          | Meditate                |
| Walk away         | Exercise         | <b>FREE</b>              | Visit your family | Go to a meeting (AA/NA) |
| Yell              | Talk to a friend | Use humor                | Yoga              | Go on a boat            |
| Help a friend     | Create something | Spend time with your pet | Eat               | Go outside              |