How to cope with stress

Write things down	Cry	Help a friend	Use humor	Read
Go on a boat	Watch TV	Spend time with your pet	Drink	Talk to a friend
Walk away	Yell	**FREE**	Eat	Memorize a song
Organize	Visit your family	Positive affirmations	Meditate	Sing
Make a gratitude list	Exercise	Take a walk	Yoga	Go to a meeting (AA/NA)

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How to cope with stress

Yell	Drink	Use humor	Go on a boat	Spend time with your pet
Help a friend	Yoga	Read	Exercise	Talk to a friend
Organize	Eat	**FREE**	Memorize a song	Cry
Meditate	Take a walk	Write things down	Go to a meeting (AA/NA)	Visit your family
Positive affirmations	Sing	Walk away	Watch TV	Make a gratitude list

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How to cope with stress

Exercise	Take a walk	Drink	Sing	Eat
Write things down	Organize	Positive affirmations	Watch TV	Read
Walk away	Go to a meeting (AA/NA)	**FREE**	Visit your family	Meditate
Yell	Talk to a friend	Use humor	Yoga	Help a friend
Memorize a song	Cry	Spend time with your pet	Go on a boat	Make a gratitude list

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