

How to cope with stress

Watch TV	Cry	Laugh	Take a walk	Positive affirmations
Go to a meeting (AA/NA)	Walk away	Set healthy boundaries	Drink	Spend time with your pet
Visit your family	Write things down	FREE	Eat	Meditate
Memorize a song	Talk to a friend	Organize	Make a gratitude list	Read
Listen to Britney	Exercise	Sing	Yell	Help a friend

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Write things down	Drink	Take a walk	Go to a meeting (AA/NA)	Set healthy boundaries
Laugh	Yell	Positive affirmations	Exercise	Spend time with your pet
Memorize a song	Eat	FREE	Meditate	Cry
Make a gratitude list	Sing	Watch TV	Help a friend	Talk to a friend
Organize	Read	Visit your family	Walk away	Listen to Britney

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Exercise	Sing	Drink	Read	Eat
Watch TV	Memorize a song	Organize	Walk away	Positive affirmations
Visit your family	Help a friend	FREE	Talk to a friend	Make a gratitude list
Write things down	Spend time with your pet	Take a walk	Yell	Laugh
Meditate	Cry	Set healthy boundaries	Go to a meeting (AA/NA)	Listen to Britney