# How to cope with stress

| | | | | |
|---|---|---|---|---|
| Watch TV | Cry | Laugh | Spend time with your pet | Organize |
| Get enough sleep | Walk away | Read | Drink | Set healthy boundaries |
| Talk to a friend | Write things down | **FREE** | Eat | Make a gratitude list |
| Meditate | Take a walk | Memorize a song | Listen to Britney | Positive affirmations |
| Limit caffeine | Exercise | Schedule time to yourself | Yell | Go to a meeting (AA/NA) |



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