

How to cope with stress

Watch TV	Act violently	Get enough sleep	Spend time with your pet	Positive affirmations
Exercise	Walk away	Schedule time to yourself	Blame others	Smoke
Talk to a friend	Write things down	FREE	Drink	Meditate
Memorize a song	Take a walk	Organize	Laugh	Read
Go to a meeting (AA/NA)	Eat	Set healthy boundaries	Yell	Focus on the positives

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Write things down	Blame others	Spend time with your pet	Exercise	Schedule time to yourself
Get enough sleep	Yell	Positive affirmations	Eat	Smoke
Memorize a song	Drink	FREE	Meditate	Act violently
Laugh	Set healthy boundaries	Watch TV	Focus on the positives	Take a walk
Organize	Read	Talk to a friend	Walk away	Go to a meeting (AA/NA)

How to cope with stress

Eat	Set healthy boundaries	Blame others	Read	Drink
Watch TV	Memorize a song	Organize	Walk away	Positive affirmations
Talk to a friend	Focus on the positives	FREE	Take a walk	Laugh
Write things down	Smoke	Spend time with your pet	Yell	Get enough sleep
Meditate	Act violently	Schedule time to yourself	Exercise	Go to a meeting (AA/NA)