

How to cope with stress

Walk away	Avoidance	Focus on the positives	Set healthy boundaries	Organize
Eat	Talk to a friend	Positive affirmations	Blame others	Schedule time to yourself
Take a walk	Watch TV	FREE	Denial	Laugh
Meditate	Smoke	Memorize a song	Go to a meeting (AA/NA)	Over working
Get enough sleep	Drink	Read	Yell	Exercise

How to cope with stress

Watch TV	Blame others	Set healthy boundaries	Eat	Positive affirmations
Focus on the positives	Yell	Organize	Drink	Schedule time to yourself
Meditate	Denial	FREE	Laugh	Avoidance
Go to a meeting (AA/NA)	Read	Walk away	Exercise	Smoke
Memorize a song	Over working	Take a walk	Talk to a friend	Get enough sleep

How to cope with stress

Drink	Read	Blame others	Over working	Denial
Walk away	Meditate	Memorize a song	Talk to a friend	Organize
Take a walk	Exercise	FREE	Smoke	Go to a meeting (AA/NA)
Watch TV	Schedule time to yourself	Set healthy boundaries	Yell	Focus on the positives
Laugh	Avoidance	Positive affirmations	Eat	Get enough sleep