

How to cope with stress

Talk to a friend	Blame others	Get enough sleep	Read	Over working
Exercise	Take a walk	Practice acceptance	Denial	Smoke
Walk away	Drink	FREE	Meditate	Memorize a song
Set healthy boundaries	Organize	Reach out for help	Go to a meeting (AA/NA)	Positive affirmations
Eat	Schedule time to yourself	Focus on the positives	Yell	Focus on what you have control of

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Walk away	Yell	Denial	Organize	Exercise
Read	Memorize a song	Get enough sleep	Positive affirmations	Drink
Meditate	Blame others	FREE	Go to a meeting (AA/NA)	Reach out for help
Focus on what you have control of	Talk to a friend	Focus on the positives	Set healthy boundaries	Eat
Over working	Laugh	Smoke	Practice acceptance	Take a walk

How to cope with stress

Set healthy boundaries	Go to a meeting (AA/NA)	Walk away	Focus on what you have control of	Read
Schedule time to yourself	Smoke	Yell	Organize	Drink
Reach out for help	Denial	FREE	Meditate	Get enough sleep
Laugh	Over working	Eat	Blame others	Talk to a friend
Take a walk	Practice acceptance	Memorize a song	Positive affirmations	Focus on the positives