

STRESSORS

Watch Comedy	Arts and Crafts	Go For A Drive	Take a time out	Meditate
Do Gardening	Visit your family	Play cards	Dance	Sing Out Loud
Talk to a friend	Watch Scary Movie	FREE	Deep breathing	Go to the Beach
Help a friend	Take a walk	Listen to music	Go outside	Painting
Go Shopping	Do Extreme Sport	Read	Write in a journal	Drawing

STRESSORS

Watch Scary Movie	Dance	Take a time out	Do Gardening	Play cards
Go For A Drive	Write in a journal	Meditate	Do Extreme Sport	Sing Out Loud
Help a friend	Deep breathing	FREE	Go to the Beach	Arts and Crafts
Go outside	Read	Watch Comedy	Drawing	Take a walk
Listen to music	Painting	Talk to a friend	Visit your family	Go Shopping

STRESSORS

Do Extreme Sport	Read	Dance	Painting	Deep breathing
Watch Comedy	Help a friend	Listen to music	Visit your family	Meditate
Talk to a friend	Drawing	FREE	Take a walk	Go outside
Watch Scary Movie	Sing Out Loud	Take a time out	Write in a journal	Go For A Drive
Go to the Beach	Arts and Crafts	Play cards	Do Gardening	Go Shopping