

STRESSORS

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

STRESSORS

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

STRESSORS

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