

STRESSORS

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

STRESSORS

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

STRESSORS

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