

TOOLS FOR RELEASING STRESS

Walking in the park	Hiking	Walking at twilight or early morning
Having a manicure	Singing	Watching the sunrise or sunset
Being with children	Playing tennis	Making small house repairs
Sharing with a friend	Praying	Going to an outdoor market
Watching a movie	Painting	Taking leisurely, warm baths
Crying at a movie	Volunteering	Buying yourself flowers
Writing your story	Exercising	Getting out of town for a short time
Buying favorite music	Traveling	Deep breathing for relaxation
Writing in a journal	Planting flowers	Trying out a new restaurant
Sleeping or napping	Golfing	Reading something inspirational
Watching television	Yoga	Spending time with family
Knitting or crocheting	Bird watching	Eating a favorite dinner by candlelight
Reading a good book	Doing aerobics	Watching a fire in the fireplace
Playing the piano	Going fishing	Giving a hug (you get one back)
Sitting in the backyard	Baking bread	Listening to the radio
Cleaning the house	Sewing	Trying out a new recipe
Browsing in a bookstore	Dancing	Cleaning the car
Buying a book	Laughing	Playing softball
Reading a mystery	Flying a kite	Doing genealogy
Taking photographs	Bowling	Having a massage
Going for a drive	Meditating	Going to a football game
Collecting coins	Going hunting	Going to the symphony
Playing with a pet	Quilting	Visiting with a neighbor
Going to the beach	Playing cards	Playing an instrument in a band
Going to the mountains	Holding a baby	Singing with a group
Buying new clothes	Gardening	Doing crossword puzzles
Collecting antiques	Building models	Talking with a trusted friend
Working with clay	Reading poetry	Playing on the computer
Decorating a cake	Writing letters	Starting an herb garden
Arranging flowers	Having a picnic	Saying "I can" to yourself
Shopping	Walking the dog	Stretching your body (like a cat)
Browsing in a store	Reading Facebook	Spending time online
Listening to favorite music	Visualizing a pleasant situation	Pouring out feelings on a recorder (then erase)