

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