

Ways to Relieve Stress

 Blow bubbles	Watch a sunrise or sunset	
Meditate	Do deep breathing exercise	Guided imagery
Go bowling	Take a bath or shower	Give of yourself
Take pleasure in quiet-time	Listen to a relaxation tape	Read a book 
Prioritize	Reflect on the pastimes of your life	Enjoy the weather
Make a cup of hot cocoa	Play an instrument	Make an edible treat
Sing or whistle a song	Attend a free concert	Visit the library
Clean out closet	Listen to music	Sleep
Work on a jigsaw puzzle	Play your favorite game	Write a letter to a friend
Write creatively	Tear up an old newspaper	See a movie
Go outside	Roller blade	Join a support group
Draw a picture	Have a good laugh	Window shop
Take a walk in the rain	Swim or splash in the water 	Have fun with a pet
Put flowers in your home	Delight in your spirituality	Go to the park
Take a long ride	Light a candle	Nap for ten minutes
Weed the garden	Finish something	Plan your dream vacation
Catch up with a family member	Reach out to a friend	Dance