

WAYS TO ADDRESS STRESS

Directions: Check off the ways you address your stress:

- Exercise
- Yoga
- Go for a Walk
- Go to the Beach
- Take a Hike in Nature
- Gardening
- Express Self Creatively (ie: paint, knit)
- Pray
- Meditate
- Go to Place of Worship
- Go to the Spa
- Get Massages
- Acupuncture
- Facials
- Reiki Sessions
- Go to Therapy
- Talk to Friends
- Take Prescription Drugs
- Read Self-Help Books
- Go to Life Enhancing Seminars
- Take Personal Development Workshops
- Ignore Feelings
- Muzzle Inner Critic
- Think Positively
- Read Motivational Emails & Social Media Posts
- Drink Alcohol
- Smoke
- Take Drugs
- Turn to Food
- Have an Affair/s
- Go Shopping
- Zone Out on TV or Computer
- Get More Sleep
- Wake Up Earlier
- Take Sleep Aide
- Listen to Music



Michellebersell

www.michellebersell.com