

How People Deal with Stress

- Go for a walk
 - Think about something good
 - Talk about the problem
 - Dance
 - Write
 - Walk the dog
 - Have a coffee
 - Read
 - Find a way to laugh, laugh a lot
 - Exercise
 - Sleep
 - Eat
 - Clean
 - Shop
 - Sing
 - Take a bath
 - Watch TV
 - Sew
 - See friends
 - Go to a movie
 - Hot tub with candles
 - Go for a drive
 - Call friends
 - Go to the library
 - Go out of town
 - Listen to music
 - Yard work/mowing the lawn
 - Spend time with the family
 - Not think about work
 - Take a deep breath
 - Stand up and walk away (for a few minutes)
 - “disintegrate” the stress and prioritize
 - Have a cup of tea
 - Write a list of stressors
 - Yoga
 - Go out for lunch
 - Go to the internet
 - Go to sport games
 - Shoot pool

 - Play with the dog
- Pray
 - Meditate
 - Play video games
 - Play with my son
 - Party
 - Window shopping
 - Bake