
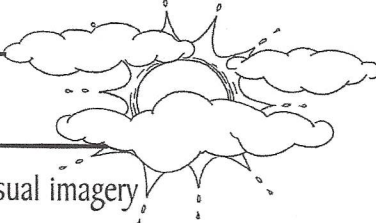
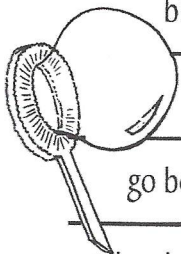




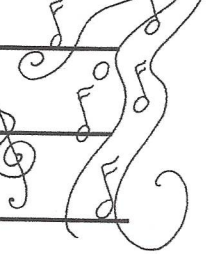

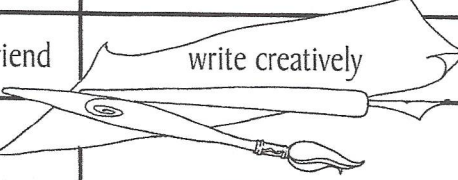

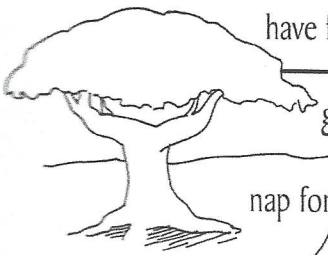
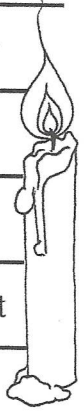


# Ways to Relieve STRESS

blow bubbles 	watch a sunrise or sunset	
 meditate	do deep breathing exercises	use visual imagery
go bowling 	luxuriate in a bath or shower	lie back and watch clouds
take pleasure in quiet-time 	listen to a relaxation tape	give of yourself
read a book	 prioritize	reflect on the positives in your life
 fix yourself a cup of hot tea	play an instrument	enjoy the weather
make an edible treat	sing or whistle a song	attend a free concert 
visit the library 	clean out a closet	listen to music
write a letter to a friend	work on a jigsaw puzzle	play your favorite game
see a movie	 write creatively	tear up an old newspaper
join a support group	draw or paint 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 a garden	finish something
plan your dream vacation	catch-up with a family member	reach out to a support
sit under a shady tree	begin a new hobby or craft	count your blessings