

# My Stress Relievers



- ☐ do Tai Chi
- ☐ take a walk
- ☐ exercise
- ☐ meditation
- ☐ caffeine free tea
- ☐ make a list
- ☐ play music
- ☐ stretch
- ☐ get a massage
- ☐ play with a pet
- ☐ vent to a friend
- ☐ take a hot shower
- ☐ watch a mindless comedy
- ☐ clean
- ☐ yoga
- ☐ play a game
- ☐ hang from a pull up bar