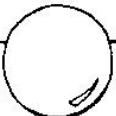
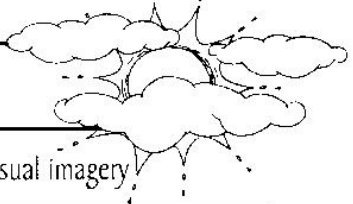
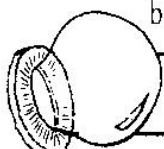




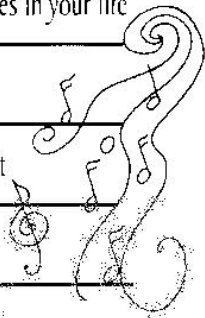




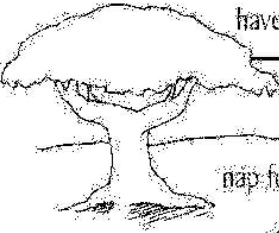



Ways to Relieve STRESS

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 hot chocolate 	play an instrument	enjoy the weather 
make an edible treat	sing or whistle a song	attend a free concert
visit the library 	go for a jog	listen to music
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	roller-blade	
join a club or 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 	talk with a friend	delight in your spirituality
go to the park	take a long ride	light a candle 
nap for ten minutes	play a game	finish something
plan your dream trip	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