



## CLASS 4 | DE-STRESS YOURSELF WORKSHEET

### Lifestyle Strategies for Reducing Stress

**DIRECTIONS:** Listed below are several different lifestyle strategies we can use to reduce the impact of stress in our daily lives. Review the list of suggested strategies as a class or on your own. Circle any of the strategies you already use. Then underline those you might be interested in trying as a way of reducing the impact of stress in your life.

**Aerobic Exercise**

**Organizing**

**Stretching**

**Going for a Walk Outdoors**

**Relaxation Exercises**

**Doing Something You Love**

**Clearing Your Mind**

**Praying**

**Yoga**

**Deep Breathing**

**Singing**

**Listening to Music**

**Playing an Instrument**

**Writing**

**Reading**

**Drawing or Painting**

**Doing Needlework**

**Cooking or Baking**

**Playing with a Pet**

**Gardening**

**Taking a Bath**

**Self-Massage**

**Clearing Your Mind**

**Reciting Positive Affirmations**

**Cleaning**

**Spending Time with Others**

**Crying**

**Laughing**

**Spending Time Online**

**Planning an Activity**

**Helping Someone**

**Doing Something You Love**

**Talking**

**Other: \_\_\_\_\_**

**Other: \_\_\_\_\_**

# RESOURCES



## Getting a Massage