



TBH “DE-STRESS YOURSELF” HANDOUT

LIFESTYLE STRATEGIES FOR REDUCING STRESS

DIRECTIONS: Listed below are different lifestyle strategies we can use to reduce the impact of stress in our daily lives. 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

Clearing Your Mind

Gardening

Organizing

Stretching

Going for a Walk Outdoors

Relaxation Exercises

Doing Something You Love

Clearing Your Mind

Praying

Yoga

Deep Breathing

Playing with a Pet

Doing Needlework

Writing

Singing

Listening to Music

Playing an Instrument

Massage

Taking a Bath

Talking

Positive Self-Talk

Cleaning

Spending Time with Others

Crying

Laughing

Spending Time Online

Planning an Activity

Helping Someone

Doing Something You Love

Cooking or Baking

Drawing or Painting

Reading

Other: _____

Other: _____

Other: _____