


# Stressometry's® Do60 System™

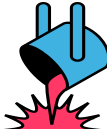


CUT ALONG LINE

## Stressometry® DO60 System™

2 Steps to Success:

Step 1  the level from rising (calming)

Step 1  So the level will drop (active)



Read  
Count to 10  
Take a Time Out  
Listen to Music  
Breathing  
Prayer  
Serenity Prayer  
Guided Imagery  
Meditate  
Shower or Bath  
Aromatherapy  
+ Self Talk



Walk  
Talk  
Write / Dump  
Sing / Dance  
Clean  
Exercise  
Coloring  
Punching Bag  
Hobbies  
Laughter  
Gardening  
Ho, Ho, Ha, Ha

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Taken from: 60 Seconds to Less Stress

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## INSTRUCTIONS:

1. Cut along dotted line
2. Fold in middle
3. Option: Leave open & put on fridge

\*\* Make extra copies & post as reminders where needed!