

Stressometry's® StressAway Method™

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!

CUT ALONG DOTTED LINE



STRESS AWAY

LAUNDRY SOAP



Guaranteed to lighten any day!

Directions:

- * Use at least one time daily.
- * Separate in to piles if too large for one load.
- * May need to do multiple loads!

©1995-2020 Carol Rickard

StressYOUiversity.com

A collection of 50 stress-management activities listed in ovals:

- Cook
- Bake
- Draw
- Hot bath or shower
- Clean
- Play a game
- Do Laundry
- Use Serenity Prayer
- Go to a park
- Meditate
- Spend time alone
- Go to a Park
- Say "no"
- Volunteer
- Exercise
- Read
- Chop Wood
- Organize: make schedule or a "to do" list
- Zoo
- Plan a trip
- Hobbies
- Spend time with a pet
- Visit someone
- Movies
- Shopping Mall
- Call friend
- Water plants
- Do your hair
- Puzzles: Jigsaw or Word
- Gardening
- Ask for help
- Write a letter
- Go for a drive
- Listen to music
- Take a walk
- Crafts
- Support group
- Constructive Destruction!
- Guided Imagery
- Library
- Punch a pillow
- Sports: play or watch
- Treat yourself
- Breathing
- Sing along with music
- Picnic
- Work on the car
- Play cards
- Paint: Walls Pictures
- Go out to dinner
- Write or Journal
- Try something new!
- Wash the car
- Play Loungeball
- Have a manicure
- Flea Market

Carol@StressYOUiversity.com

888.Life.1ools