

My Stress Relievers

- do Tai Chi
 - take a walk
 - exercise
 - meditation
 - caffeine free tea
 - make a list
 - play music
 - stretch
 - get a massage
 - play with a pet
 - vent to a friend
 - take a hot shower
 - watch a mindless comedy
 - clean
 - yoga
 - play a game
 - hang from a pull up bar
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