

STRESS BUSTERS

Circle those items that you can do to help lower your stress. Add other ideas you can do to help manage your stress.

Listen to music.	Set goals.	Daydream for 10 minutes.
Do your best.	Perform a physical activity.	Realize that you can and will make mistakes.
Talk to friends.	Laugh.	Listen to others.
Do something fun.	Talk to your family.	Read a good book.
Take a deep, cleansing breath.	Stretch your muscles.	Think positively.
Think and plan ahead.	Organize yourself.	Follow a routine.