

## **Stress Relief – Healthy Choices**

What are your favorite ways to relieve stress that are healthy choices?

Look over this list and pick one way to relieve stress that you haven't done in a while.

**Congratulations on taking a positive step towards relieving stress! You deserve to feel well. Relieving stress lowers cortisol, blood sugar and insulin levels over time.**

- Meditation
- Prayer
- Playing music
- Dancing
- Listening to music
- Fun time w/ friends
- Connection with family
- Hang out with neighbors
- Relationships at work
- Volunteering in your community
- Sexual activity and sexual connection
- Being outside
- Physical activity

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- Exercise
- Yoga
- Hiking
- Spending time in nature
- Swimming
- Aerobics
- Bicycling
- Resistance training, or weightlifting
- Rowing

**Keep up the good work!**

Use this list as a cheat sheet to remember healthy ways to relieve stress.  
You can do it!