

Stress Reducing Strategies

Name: _____

Date: _____

Check off which of the **10 Stress Reduction Strategies** you have utilized in the past, which ones you still use today, and which ones you would like to make an effort trying out:

Stress Reduction Strategies	Utilized In The Past	Still Utilize Today	Would Like To Make An Effort Trying Out
1. Exercise and/or Yoga/ Walking/Punch a bag at the gym			
2. Meditation/Deep breathing exercises			
3. Talking to someone you trust: friends, family members, or colleagues			
4. Self-Care: healthy eating habits/good sleeping patterns			
5. Laughter: watch funny movies, and hanging out with people that make you laugh			
6. Socializing and meeting up with friends for meet-ups, going to see a band and listening to music or going to the movies			
7. Being Creative: drawing, painting, knitting, cooking/baking, writing poetry, creative writing.			
8. Journaling			
9. Reading			
10. Talking to a therapist			

What other Stress Reduction Strategies have you used?

Which Stress Reduction Strategy has been the most useful for you? Why?

Which new Stress Reduction Strategy will you make an effort to try?
