

# Stress Reducers

Check the stress reducers you will begin to use every week.

Stress Reducers	Number of Minutes You Will do it	Number of Times You Will do it Each Week
<input type="checkbox"/> Walking		
<input type="checkbox"/> Reading		
<input type="checkbox"/> Shopping		
<input type="checkbox"/> Exercising		
<input type="checkbox"/> Listening to or playing music		
<input type="checkbox"/> Relaxing		
<input type="checkbox"/> Writing in a journal		
<input type="checkbox"/> Taking a warm bath		
<input type="checkbox"/> Doing a hobby		
<input type="checkbox"/> Spending time with _____		
<input type="checkbox"/> Other self-soothing activity: _____		