

Elements of Stress Relief

1	H	H ot Bath
2	He	H elping a Friend
3	Li	L ift Weights
4	Be	B ear Hug
5	B	Bubble B ath
6	C	Chocolate Chip C ookies
7	N	N ote Writing
8	O	O rganize!
9	F	Food F ight
10	Ne	N etwork
11	Na	N ap
12	Mg	M assage
13	Al	A llow Personal Space
14	Si	S ing
15	P	P icnic
16	S	S mile
17	Cl	C lean
18	Ar	A rt
19	K	K issing
20	Ca	C all a Friend
21	Sc	S cream!
22	Ti	T inker Toys
23	V	V olunteer Work
24	Cr	C ry
25	Mn	M idnight Swim
26	Fe	Massage Your F eet
27	Co	Go Out For C offee
28	Ni	N ibble
29	Cu	C uddle
30	Zn	Z zzzz'n
31	Ga	G ab
32	Ge	G et Sleep
33	As	A sk
34	Se	Watch S esame Street
35	Br	B righten
36	Kr	K eep relaxing
37	Rb	R ollerblading
38	Sr	Watch a S unrise
39	Y	Y oga

40	Zr	Z zzz... (relax!)
41	Nb	N urture your b ody
42	Mo	Watch M ovies
43	Tc	T ender loving care
44	Ru	Go for a R un
45	Rh	R ide horses
46	Pd	P lay d arts
47	Ag	A ct g oofy
48	Cd	Listen to C d's
49	In	Play an I nstrument
50	Sn	S nuggle
51	Sb	Go S ailboating
52	Te	Pitch a T ent
53	I	Eat I ce Cream
54	Xe	E Xercise
55	Cs	C oncerts
56	Ba	B ask in the Sun
57	La	L augh
72	Hf	H elping friends
73	Ta	T alking
74	W	W alking
75	Re	R elax
76	Os	O penly support
77	Ir	I nnner relaxation
78	Pt	P lay t ennis
79	Au	A uthentic massage
80	Hg	H ugs
81	Tl	T each love
82	Pb	P ractice b alance
83	Bi	Go B iking
84	Po	Read P oetry
85	At	A ttend therapy
86	Rn	R ead the n ewspaper
87	Fr	F riends
88	Ra	R ake Leaves
89	Ac	A cquire a N ew Skill
104	Unq	Be U nquiet
105	Unp	U nplug
106	Unh	U nited h omefront