

Elements of Stress Relief *‡

[modified with permission from a project by Health Architects, Boynton Health Service, University of Minnesota; distributed by Professor George Barany, and Evan M. Kanaski, and the Chemistry Department]

Period	Group IA															Noble gases						
1	1 Hot Bath H 1.000797															2 Helping a friend He 4.0026						
2	3 Lift Weights Li 6.939	4 Bear Hug Be 9.0122															5 Bubble Bath Ba 10.811	6 Chocolate Chip Cookies Co 12.011	7 Note-Writing N 14.0067	8 Organize O 15.9994	9 Food Fight F 18.9984	10 Network Ne 20.183
3	11 Nap Na 22.9898	12 Massage Mg 24.312	VIII B														13 Allow Personal Al 26.9815	14 Sing S 28.086	15 Picnic P 30.9738	16 Smile S 32.064	17 Clean C 35.453	18 Art Ar 39.944
4	19 Kissing K 39.102	20 Call a Friend Ca 40.08	21 Scream! Sc 44.956	22 Tinker Toys Ti 47.90	23 Volunteer Work V 50.942	24 Cry Cr 51.996	25 Midnight Swim Mn 54.938	26 Massage your Feet Fe 55.847	27 Go out for Coffee Co 58.933	28 Nibble Ni 58.71	29 Cuddle Cu 63.54	30 ZZzzzz Zn 65.37	31 Gab Ga 69.72	32 Get Sleep Ge 72.60	33 Ask As 74.922	34 Watch Sesame Street Se 78.96	35 Brighten Br 79.916	36 Keep relaxing Kr 83.80				
5	37 Rollerblading Rb 85.447	38 Watch a Sunrise Sr 87.62	39 Yoga Y 88.905	40 ZZZZ relax Zr 91.22	41 Nurture Your Body Nb 92.906	42 Watch Movies Mo 95.94	43 Tender Loving Care Tc (98)	44 Go for a Run Ru 101.07	45 Ride horses Rh 102.905	46 Play darts Pd 106.4	47 Act goofy Ag 107.870	48 Listen to Cd's Cd 112.40	49 Play an Instrument In 114.82	50 Snuggle Sn 118.69	51 Go Boating Sb 121.75	52 Pitch a Tent Tl 127.60	53 Eat Ice Cream Tc 126.904	54 EXercise Xe 131.30				
6	55 Concerts Cs 132.905	56 Bask in the Sun Ba 137.34	57 Laugh La 138.91	72 Help friends Hf 178.49	73 Talking Ta 180.948	74 Walking W 183.85	75 Relax Re 186.20	76 Openly support Os 190.2	77 Inher relaxation Ir 192.2	78 Play tennis Pt 195.09	79 Authentic massage Au 196.967	80 Hugs Hg 200.59	81 Teach Love Tl 204.37	82 Practice balance Pb 207.19	83 Go Biking Bi 208.980	84 Read Poetry Po (209)	85 Attend therapy At (210)	86 Read the newspaper Rn (222)				
7	87 Friends Fr (223)	88 Rake Leaves Ra (226)	89 Acquire New Skill Ac (227)	104 Be Unquiet Be (261)	105 Unplug Un (262)	106 United homefront Unh (263)																

* See reverse side for the listing in alternative format

‡ The assistance of Yongxin Han and Joan Beed (May 1995) and Balazs Hargittai (December 1998) is appreciated.