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Coping with Stress

How you cope with stress can impact how stress affects you. Choosing healthy, positive ways to cope doesn't have to be a challenge. Let your senses do the work. Take a look at the ideas below. How many might you try?

<p>See</p> <p>Looking for beauty in what's around you.</p>	<ul style="list-style-type: none"><input type="checkbox"/> Step outside. Focus on the first tree, plant, or shrub you see.<input type="checkbox"/> Visit a market, and look at the plants or flowers on display.<input type="checkbox"/> Create a space in your home that gives you joy.<input type="checkbox"/> Light a candle, and concentrate on the flame.<input type="checkbox"/> Watch the stars at night.<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____
<p>Hear</p> <p>Listening for calming sounds.</p>	<ul style="list-style-type: none"><input type="checkbox"/> Listen to music that calms or motivates you.<input type="checkbox"/> Sing, or play an instrument.<input type="checkbox"/> Find an inspiring podcast or audiobook.<input type="checkbox"/> Share your story with someone you care about.<input type="checkbox"/> Listen to sounds from a relaxation app.<input type="checkbox"/> Listen to _____<input type="checkbox"/> _____

<p>Feel</p> <p>Finding the soothing touch.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Wrap yourself in a soft blanket. <input type="checkbox"/> Change into cozy clothes. <input type="checkbox"/> Ask for or give a hug to a safe person. <input type="checkbox"/> Pet a dog or cat. <input type="checkbox"/> Take a warm bath or shower. <input type="checkbox"/> _____ <input type="checkbox"/> _____
<p>Taste</p> <p>Nourishing body and soul.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Make yourself a special, non-alcoholic drink (like tea, hot chocolate, sparkling water, or kombucha). <input type="checkbox"/> Treat yourself to some fruit or a small dessert. <input type="checkbox"/> Do something special to your food or drink. (Add nuts or fruit to a salad, for example). <input type="checkbox"/> Make yourself an easy but nourishing meal. <input type="checkbox"/> _____ <input type="checkbox"/> _____
<p>Smell</p> <p>Finding comfort in scent.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Use your favorite lotion, perfume, or cologne. <input type="checkbox"/> Light a scented candle, or try essential oils. <input type="checkbox"/> Walk into a bakery and inhale the scent of fresh bread. Or bake your own. <input type="checkbox"/> Boil cinnamon, orange peels, and cloves. <input type="checkbox"/> _____ <input type="checkbox"/> _____

✔ **How many new things did you find to try? Are there others you might try? Write them here.**
