



WORKSHEET 2



From the boxes below, mark with an 'X' your typical ways of dealing with stress.

In the empty box write down your own way of dealing with stress if you have one.

What I do to eliminate stress:	X
I go for long walks	
I listen to music	
I eat healthy food	
I play a musical instrument	
I go to concerts and parties	
I paint or draw	
I play team games	
I practice yoga	
I work out at the gym	
I ride a bike	
I read books	
I meditate	
I devote time to hobbies	
I meet up with my friends	
I have a pet at home	
I do gardening	

