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

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

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

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