

## Module V- Taking Care of You

### Handout

#### Additional Healthy Ideas to Relax or Relieve Stress

Call a friend

Talk it through

Read a book

Take a walk

Go to a movie

Play with a pet

Work in your vegetable garden

Work in your flower garden

Take a warm long bubble bath

Go fishing

Take a vacation

Enjoy nature

Laugh

Listen to soothing music or nature sounds

Deep breathing relaxation

Engage in a favorite hobby—piano, basket-weaving, etc