

## DE-STRESSORS

### PSYCHOLOGICAL

Building Self Esteem   Personal Growth   Self-acceptance   Self nurture  
Seeking Counselling   Help   Self-awareness

### PHYSICAL

Learn to Listen to Your Body   Healthy Diet   Adequate Exercise   Sport  
Physical Touch/Sex   Muscle Relaxation   Relaxation   Breathing   Warmth

### EMOTIONAL

Releasing Emotions: Laugh, Cry, Talk.   Real Intimacy,  
Learning How to Switch Off  
Solitude/"Space"   Taking Time Out   Hobbies   Music

### SOCIAL

Sharing with Friends   Support Groups Develop   Socialising   Entertaining  
Helping Others   Community Involvement   Balanced Life   Creative Urbanization

### SPIRITUAL

Reflection   Meditation   Singing   Dancing   Faith

### INTELLECTUAL

Positive Thinking   Priority Clarification   Proper Planning  
Realistic Goal Planning   Delegation of Work   Learning to Say `No'  
Self-assertion Training

## STRESS RELIEF