



PROVEN DE-STRESSORS

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 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 Socialising Entertaining
Helping others Community Involvement Balanced life Creative urbanisation

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