



## De-Stressor Overview

	<b>PSYCHOLOGICAL</b>	
Build Self Esteem   Personal Growth   Self-acceptance   Self nurture Seeking Counselling   Help others   Self-awareness		

	<b>PHYSICAL</b>	
Learn to Listen to Your Body   Healthy Diet   Adequate Exercise   Sport Physical Touch/Sex   Relaxation   Breathing   Warmth		

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

	<b>SOCIAL</b>	
Sharing with Friends   Support Groups Develop   Socialising   Entertaining Helping Others   Community Involvement   Balanced Life   Creative Urbanisation		

	<b>SPIRITUAL</b>	
Reflection   Meditation   Singing   Dancing   Faith		

	<b>INTELLECTUAL</b>	
Positive Thinking   Priority Clarification   Proper Planning Realistic Goal Planning   Delegation of Work   Learning to Say 'No' Self-assertion Training		

**LEADS TO STRESS RELIEF**