

***Stress-Management Strategies***  
*Geraldine Markel, PhD*

<b>Strategy</b>	<b>When and Where to Begin Using It?</b>	<b>Desired Outcome?</b>	<b>How to Monitor?</b>
<b>Exercise</b>			
<b>Humor</b>			
<b>Relaxation</b>			
<b>Rest/Break</b>			
<b>Yoga</b>			
<b>Meditation</b>			
<b>T'ai Chi</b>			
<b>Music</b>			
<b>Nature</b>			
<b>Games</b>			
<b>Television</b>			
<b>Sports</b>			
<b>Talking</b>			
<b>Hobby</b>			
<b>Dancing/singing</b>			
<b>Swimming, bathing, hot tub</b>			
<b>Painting, crafts</b>			