## DISTRACTING, PLEASURABLE ACTIVITIES

listen to a podcast create art go swimming read comic books ut play a game play an instrument call a friend browse your favorite store WORK OUT sing karaoke write a book finish some chores start a diary Meditate go on go shopping play video games have a picnic a date visit a museum take a hot bubble bath visit the beauty salon play with your pet work in the garden pick up a new hobby read a magazine cook your favorite meal listen to music go to a sports event watch a movie take a nap get a massage have coffee CORPORATE with a friend walk outside SYNERGIES®

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