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## COPING WITH STRESS

When we are feeling stressed out, bored, lonely or overwhelmed by life, it is easy to use food to comfort, entertain, nurture or calm ourselves. Here are some other ways we can nurture ourselves.

✚ Go for a walk	✚ Play with a pet	✚ Talk to someone you trust	✚ Play loud music & do housework	✚ Write in a journal
✚ Nap in the middle of the day	✚ Have a hot bath with candles	✚ Listen to music	✚ Dance like crazy	✚ Go for coffee with a friend
✚ Throw snowballs	✚ Paint	✚ Sit by the water	✚ Go sky-diving	✚ Read
✚ Call a friend & invite them over	✚ Read a funny book or comic	✚ Practice deep breathing	✚ Watch a good movie	✚ Borrow a dog & go walkies!
✚ Do some creative writing	✚ Laugh	✚ Doodle	✚ Read books about nurturing yourself	✚ Go for a drive
✚ Do crafts	✚ Do some gardening, or take it up	✚ Give yourself a facial	✚ Lip synch to opera music	✚ Wash the car/clean your bike
✚ Buy yourself flowers	✚ Browse in a bookstore	✚ Treat yourself to a spa day-at home	✚ Volunteer	✚ Curl up in bed with a good book
✚ Go to a museum	✚ Rediscover how great The Beatles are!	✚ Have a good cry, then find something to smile about	✚ Make a list of all the things you are grateful for	✚ Go on a hike
✚ Play a musical instrument	✚ Exercise	✚ Build a fort in your living room	✚ Redecorate your room/home	✚ Go shopping
✚ Do yoga	✚ Write a letter	✚ Light incense	✚ Go to the park & play	✚ Clean out your email!

