



13 ways to Get Some Relief

By Mary Ellen Mann, LCSW

1. Humor is a steeply underrated medicine: go to improv theater, do charades at home, watch clean comedians on youtube.com
2. Don't take calls from mean people: if you need to explain, and usually you don't, just text/email something like, "I'm changing my routine a bit and need build more space into my life. I appreciate your understanding."
3. Point and shoot: get gun training, go to shooting ranges
4. Hit those balls: go to a driving range
5. Join a gym where you can take kick boxing classes with punching bags
6. Get away on your bike or your favorite hike
7. Take a self-defense class—this will greatly improve your ability to more accurately assess what is threatening or simply unhealthy.
8. Clean out the clutter in your favorite room
9. Cook something comforting and share it with those you trust
10. Learn or re-learn a musical instrument
11. Volunteer to help a neighbor, comfort or celebrate someone's accomplishments
12. Quiet down with yoga, paint by numbers, cross stitch, puzzles, color or knit
13. Dream Board your way to clearer identity: Complete a collage that ignites passion in what you love and who you are. Get your magazines out or look up images on google images and see what speaks to you. Paste these images, words or phrases on a poster board. Take a picture of it and have a photography store convert it to a canvas. Hang this in your house where you'll see easily in the course of the day.

