

Stress-Busting Activities

Doing things you enjoy is a natural way to relieve stress and find your happy place. Even when you're down, you may find pleasure in simple things like going for a walk, catching up with a friend, or reading a good book.

When stress makes you feel bad, do something that makes you feel good, even if only for 10 or 15 minutes. Some of these activities may work for you:

- Make art -- draw, color, paint, or play a musical instrument
- Work on a scrapbook or photo album to focus on good memories
- Read a book, short story or magazine
- Meet a friend for coffee or a meal
- Play a favorite sport like golf, tennis, or basketball
- Do a hobby like sewing, knitting, or making jewelry
- Reach out to a friend
- Listen to music or watch an inspiring performance
- Take a walk in nature
- Take a relaxing bath and feel the stress wash away
- Meditate or practice yoga
- Start a garden project
- Go for a run or bike ride to clear your head

Visit the [American Heart Association](#) website for more information.