

# Pathways to Stress Release

<b>Passive Rest</b> Two-hand Tea	<b>Active Rest</b> Cruise Control	<b>Physical Engagement</b>	<b>Connections</b>
<ul style="list-style-type: none"><li>• quiet</li><li>• present</li></ul>	<ul style="list-style-type: none"><li>• distracting</li><li>• absent</li></ul>	<ul style="list-style-type: none"><li>• sensory</li><li>• movement</li></ul>	<ul style="list-style-type: none"><li>• self and others</li><li>• humanity</li></ul>

<b>What Helps Me Cope:</b>			
<b>One thing I can do in a moment of suffering:</b>			