Top 5 (give or take) Ways to Relax/Destress

BRMRG Response 2002

Sleep/Nap 9
Run 8
Watch a movie/T.V. 8
Read 5
Time with friends 5
Exercise/Lift/Sports/Something Physical 4
Hike/Walk 4
Listen to Music 4
Talk to significant other/friend 4
Cook 3
Hobby/Project 3
Play with dog/cat 3
Ride Bike 3
Backpacking/Camping 2
Computer/Video Games 2
Deep breathing exercises/Meditate 2
Eat 2
Go Home/Do something reminiscent of home 2
Listen to Live Music 2
Organize/Clean 2
Take a bath 2
Arch's 1
Arson 1
Back Massage 1
Ballroom dancing 1
Be Naked 1
Bear Hugs 1
Billiards 1
Breaking & Entering 1
Browse Web 1
Construction/detonation of explosives 1
Conversations with the Moon 1
Counsel/Friends 1
Dance 1
Daydream 1
Drive 1
Flirt 1
Garden 1
Get dirty 1
Herbal Tea 1
Homework/Project 1
Insult Random Passersby 1
Jigsaw Puzzles 1
Larceny/Petty Larceny 1
Listen to Whale Song CD 1
Masturbation 1
Plan something fun 1
Play Music 1
Pray 1
Prey 1
Ride Horse 1
SAR Training 1
Sing Loud & Dance Crazy 1
Sit with Fire in Fireplace 1
Smoothie 1
Stretch 1
Swim 1
Thermodynamics Equations 1
Trespass 1
Wander/Get Lost Outside 1
Watch animals play 1
Work 1
Work with hands 1