

Top 5 (give or take) Ways to Relax/De stress BRMRG Response 2002



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