







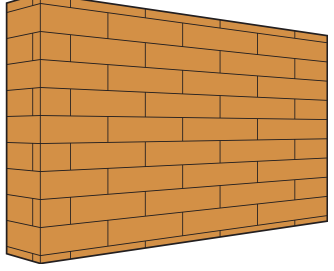









If you need physical release

 <p>Chair push up</p>	 <p>Punch a pillow or boxing bag</p>	 <p>Sprint</p>	 <p>Intense exercise</p>
 <p>Pop balloons</p>	 <p>Shout or sing</p>	 <p>Clench and release fist</p>	 <p>Palm press</p>
 <p>Throw ice at a wall</p>	 <p>Rip up paper</p>	 <p>Crush cans for recycling</p>	 <p>Scribble on paper</p>
 <p>Throw rocks into water</p>	 <p>Snap sticks</p>	 <p>Dance</p>	 <p>Cry</p>

If you need to feel a sensation

 <p>Cold shower/bath</p>	 <p>Hold ice in your hand</p>	 <p>Snap elastic band on wrist</p>	 <p>Eat something sour</p>
 <p>Eat something spicy</p>	 <p>Clap your hands until they sting</p>	 <p>Drink cold water</p>	 <p>Draw on your skin</p>
 <p>Rub your muscles</p>	 <p>Put tiger balm on your skin</p>	 <p>Tap your chest</p>	 <p>Stamp your feet</p>