

## **PERSONAL STRESS PRESCRIPTION**

Please write how you will increase or decrease your dosage

	How often or by when
Friendships	
Gratitude	
Spirituality	
Mindfulness	
"Screen Time"	
"Intoxicants"	
Family/Kids	
Play/Joy	
Exercise	
Dance —	
Planning Vacations	
Sleep/Rest	
Laughter/Smiling	
Taking Breaks, esp. in Nature	
Visual or Performing Arts	
Hydration/Nutrition	
Crafting/Making/Cooking	
Therapy/Medication	
Animal Love	
Music/Drums: listening or creating	

PRESCRIBED BY (your name here)

**DATE** 

**SIGNATURE** 



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