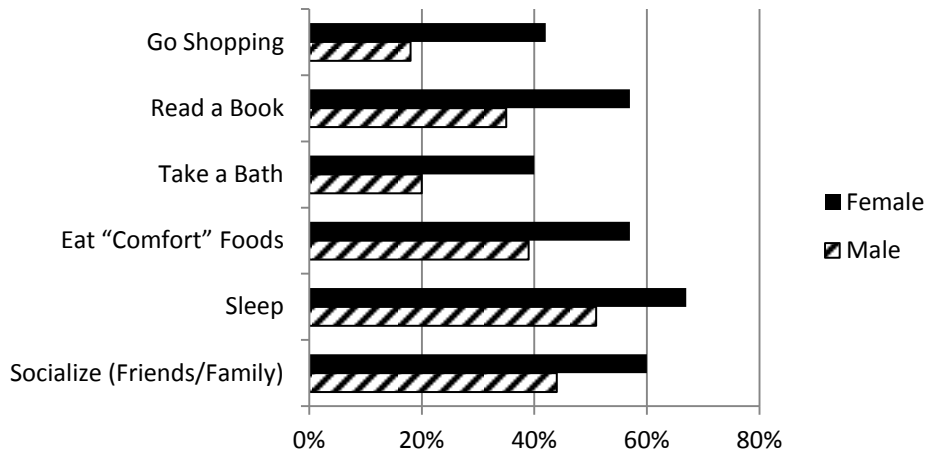
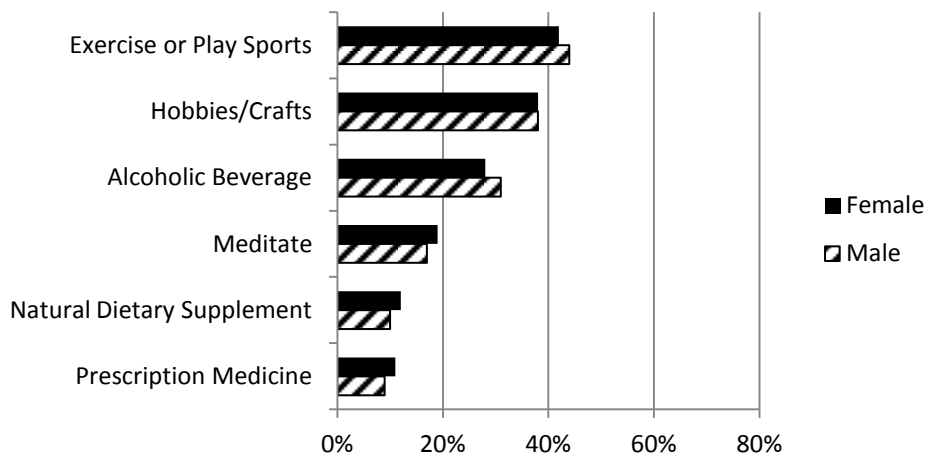


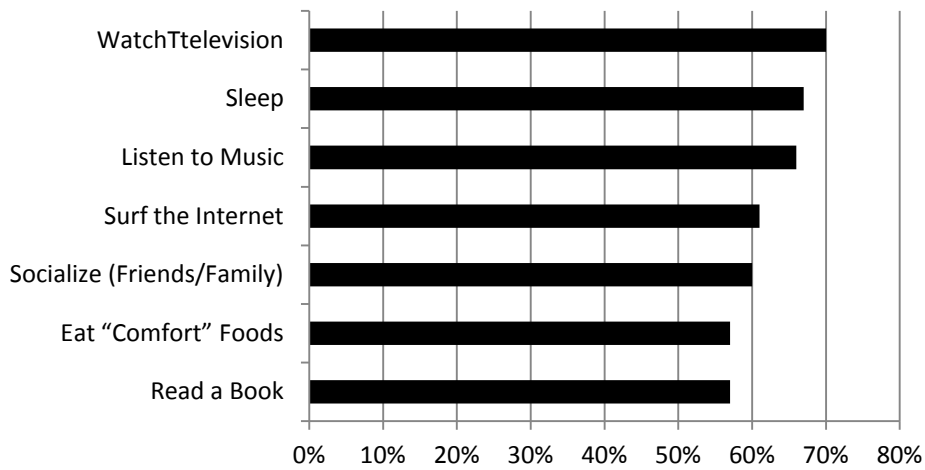
### Stress Relief Choices: Biggest Gender Differences



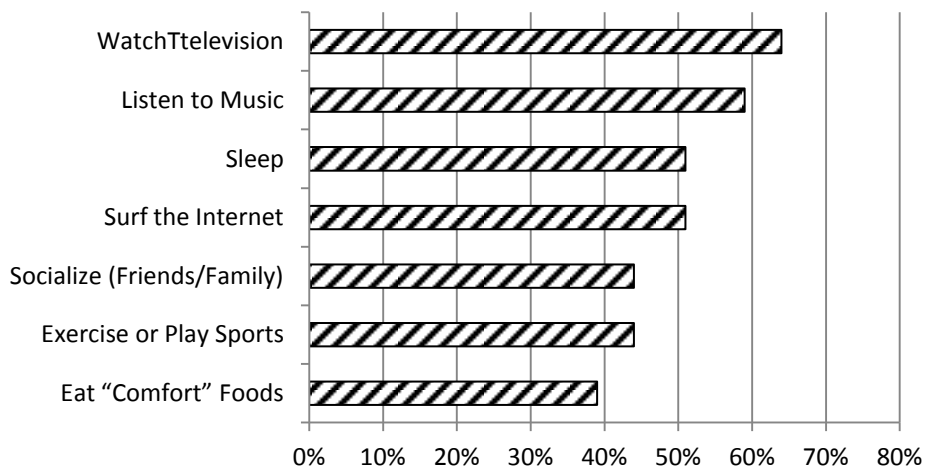
### Stress Relief Choices: Gender Similarities



### Women's Top Stress Relief Choices



### Men's Top Stress Relief Choices



<b>Stress Relief Choice</b>	<b>Male</b>	<b>Female</b>
Go Shopping	18%	42%
Read a Book	35%	57%
Take a Bath	20%	40%
Eat "Comfort" Foods	39%	57%
Sleep	51%	67%
Pray	34%	50%
Socialize (Friends/Family)	44%	60%
Get a Massage, Facial or Other Spa Treatment	11%	25%
Play Video Games	32%	22%
Surf the Internet	51%	61%
Write in a Journal	7%	16%
Listen to Music	59%	66%
Watch Television	64%	70%
Sing or Play an Instrument	13%	18%
Take a Vacation	34%	30%
Seek Counseling or Therapy	9%	13%
Take a Natural Dietary Supplement	10%	14%
Have an Alcoholic Beverage	31%	28%
Exercise or Play Sports	44%	42%
Get a Doctor to Prescribe Medicine	9%	11%
Take an All Natural Dietary Supplement	10%	12%
Meditate	17%	19%
Work on My Hobby / Crafts	38%	38%