

## Ways to Complete the Stress Cycle

### Art

- **Enable Art**, 508 S. College Ave., 509.593.0555, enable-art.com
- **Pottery Painting Studio**, 720 Sprague St. (Senior Center), wallawalla.gov/government/parks-and-recreation/recreation-programs/pottery-painting-studio
- **Make for Joy**, 129 E. Alder, Suite 101, makeforjoyart.com
- **The Refinery**, 205 S. 2nd Ave., refineryww.com

### Healthy Food

- **Andy's Market**, 1117 S. College Ave., 509.529.1003, andysmarket.com
- **Southgate Center Market**, 905 S. 2nd St., 509.525.7900, facebook.com/southgatecentermarketww
- **Walla Walla Food Hub**, wallawallafoodhub.com

### Movement

- **Calhoon's Fitness**, 1711 E. Isaacs St., 509.525.4444, calhoonsfitness.com
- **City of WW Parks & Rec**, 509.527.4527, wallawalla.gov/government/parks-and-recreation
- **DCF Walla Walla**, 16 E. Poplar St., 509.876.4859, wwdcf.com
- **In Sync Fitness**, 1365 Dalles Military Rd., 509.629.4510, insyncfitness.com
- **Jazzercise**, 23 1/2 S. Spokane St., 509.520.4872, jazzercise.com
- **The Muscle Shack**, 1519 E. Isaacs Ave., 509.301.8076, themuscl Shackgym.com
- **WW Pickleball Association**, 509.956.9826, jczar2927@gmail.com
- **Worthfit**, 1220 W. Poplar St., 509.301.9244, www.worthfitgym.com

- **YMCA**, 340 S. Park St., 509.525.8863, www.wwymca.org

### Reading

- **Book & Game Co.**, 38 . Main St., 509.529.9963, bookandgame.com
- **Earthlight Books**, 321 E. Main St., 509.524.4983, earthlightbooks.com
- **WW Public Library**, 238 E. Alder St., 509.527.4550, wallawallapubliclibrary.org/

### Theatre / Music

- **Gesa Power House Theatre**, 111 N. 6th St., 509.529.6500, phtww.org/
- **Harper Joy Theatre**, 345 Boyer Ave., 509.527.5180, whitman.edu/hjt
- **The Little Theatre**, 1130 E. Summach St., 509.529.3683, ltww.org
- **Walla Walla Symphony**, 509.529.8020, wwsymphony.org

## Volunteer

- **Blue Mountain Volunteer Corps**, 509.527.2100, [getconnected.uwbluemt.org](http://getconnected.uwbluemt.org)
- **Walla Walla Public Schools Volunteer in Person (VIP)**, [wwps.galaxydigital.com](http://wwps.galaxydigital.com)

## Worship

- **ChurchFinder**, [churchfinder.com/churches/wa/walla-walla](http://churchfinder.com/churches/wa/walla-walla)

## Yoga / Meditation

- **Blue Heron**, 800 Sprague St. 509.525.9058, [terriccotts.com](http://terriccotts.com)
- **Kaleidoscope Studios**, 132 W. Rose St., 509.876.1109, [kaleidoscope.yoga](http://kaleidoscope.yoga)
- **ZenSoul Yoga & Wellness Center**, 1707 E. Isaacs Ave., 509.540.3090, [zensoulyoga.com](http://zensoulyoga.com)

- **Walla Walla Dharma Sangha**, Many Waters Wellness Center, 820 Sprague, [wwdharma.org](http://wwdharma.org)

## Other Stuff

- Go for a walk
- Meet friends for coffee
- Watch a funny TV show
- Go to an inspiring movie
- Turn on some music and dance it out
- Sing in the shower
- Take a bath
- Pet a cat or dog
- Hug someone for 20 seconds
- Kiss your partner for at least 6 seconds
- Talk with a counselor
- Take photos of nature
- Bake cookies for friends or donate them to your favorite non-profit
- Laugh
- Have an ugly cry
- Take a nap

- Make sure you get 7 - 9 hours of sleep
- Engage in positive social interaction - say "hello" to someone on the street or give a compliment to a stranger
- Hang out with your kids or kids who are younger than you and be silly
- Play a game with other people online or better yet - in person
- Pay for the coffee or the food for the person behind you in line

## If you are in Crisis

Whatever time: Day. Night. Weekend. Whatever the reason: Mental health distress. Substance use crisis. Thoughts of suicide. The 988 Suicide & Crisis Lifeline is here for you.

**Text 988 | Call 988  
Chat 988lifeline.org**