

Home Level:

As the old adage goes, “home is where the heart is.” Unfortunately, the heart brings with it many stresses and anxieties, just as you bring all your problems home with you at the end of the day. Thankfully, everything at home is yours to do with as you please, and so letting loose your stress through my dedicated destructive method can do nothing but help!

Work Level:

Work sucks. It’s probably something you’ve said to yourself time and time again. Thankfully you can take out your stress in a healthy, if destructive, way. Small disclaimer: if your boss sees you employing my method, you will likely be fired. This will cause more stress, so try not to get caught.

Park Level:

Sometimes stress can seep into you at the most inopportune times, and it’s at these times that you need a quick solution to start feeling like yourself again. In the park, for example, you’re presented with many things that can be an outlet . Perhaps you can whale on the local park equipment, or maybe you can toss that stress ball of yours at the snot-nosed kids?