# Stress Management

| | | | | |
|---|---|---|---|---|
| painting or drawing | Breathing techniques | Listen to music | Think about happy memories | Take a break |
| Go outside | journal | Talk to a friend | Count to 10 | basketball |
| reading | Drink water | **FREE** | Positive self talk | Read |
| Watch a movie | Stress-ball or fidget | Talk to staff | Mindfulness | Take a walk |
| Exercise | Visit/call family | Grounding Techniques | video game | Identify your stressors |



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| Painting | Take a break | Exercise | Breathing techniques | painting or drawing |
| journal | Talk to a friend | Read | Take a walk | Grounding Techniques |



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