

Stress Management

Watch a movie	Arts and Crafts	Listen to music	Talk to a friend	Sewing
Exercise	Visit your family	Take a nap	Breathing techniques	Take a walk
Think about happy memories	Cooking	FREE	Take a bath/shower	Play games
Play with animals	Talk to co-worker	Read	Take a time out	Talk to professor
Painting	Meditation	Stress Ball	Count to 10	Drawing

Stress Management

Take a bath/shower	Sewing	Cooking	Think about happy memories	Count to 10
Talk to a friend	Play games	Play with animals	Visit your family	Breathing techniques
Write in a journal	Stress Ball	FREE	Exercise	Listen to music
Take a time out	Take a walk	Take a nap	Talk to co-worker	Drawing
Arts and Crafts	Watch a movie	Yoga	Go shopping	Meditation

Stress Management

Take a bath/shower	Exercise	Take a time out	Go shopping	Breathing techniques
Arts and Crafts	Yoga	Write in a journal	Drawing	Visit your family
Go outside	Talk to co-worker	FREE	Read	Take a walk
Stress Ball	Play with animals	Play games	Cooking	Talk to professor
Count to 10	Think about happy memories	Sewing	Listen to music	Take a nap