

Stress Management

Watch a movie	Arts and Crafts	Go outside	Take a walk	Positive Affirmations
Drawing	Visit your family	Stress Ball	Coloring	Think about happy memories
Write in a journal	Cooking	FREE	Painting	Play cards
Talk to staff	Play with pets	Take a time out	Grounding Techniques	Read
Count to 10	Talk to a friend	Exercise	Yoga	Get some sleep

Stress Management

Write in a journal	Yoga	Coloring	Play with pets	Drawing
Take a walk	Play cards	Go outside	Read	Cooking
Painting	Arts and Crafts	FREE	Grounding Techniques	Take a time out
Get some sleep	Watch a movie	Exercise	Talk to staff	Count to 10
Positive Affirmations	Listen to music	Think about happy memories	Stress Ball	Visit your family

Stress Management

Talk to staff	Grounding Techniques	Write in a journal	Get some sleep	Take a walk
Talk to a friend	Think about happy memories	Yoga	Play with pets	Cooking
Take a time out	Coloring	FREE	Painting	Go outside
Listen to music	Positive Affirmations	Count to 10	Arts and Crafts	Watch a movie
Visit your family	Stress Ball	Play cards	Read	Exercise