

Stress Management

Visualize calm & peaceful place	Anchoring	Counting Category	Talk to a Friend	Run cool water/Ice pack
Clench Fists	Use Positive Self-affirmation	Take a time out	Body Scan	Talk to Therapist
Think about happy memories	Watch a movie	Take a Nap	Box Breathing	Listen to music
Meditation	Tapping	Name 5 Things you See	Engage in Favorite Hobby	Stress Ball
Describe Surroundings	Chest Muscle Relaxation	Take a walk	Write your feelings	Count to 10

Stress Management

Watch a movie	Body Scan	Talk to a Friend	Clench Fists	Take a time out
Counting Category	Write your feelings	Run cool water/Ice pack	Chest Muscle Relaxation	Talk to Therapist
Meditation	Box Breathing	Take a Nap	Listen to music	Anchoring
Engage in Favorite Hobby	Take a walk	Visualize calm & peaceful place	Count to 10	Tapping
Name 5 Things you See	Stress Ball	Think about happy memories	Use Positive Self-affirmation	Describe Surroundings

Stress Management

Chest Muscle Relaxation	Take a walk	Body Scan	Stress Ball	Box Breathing
Visualize calm & peaceful place	Meditation	Name 5 Things you See	Use Positive Self-affirmation	Run cool water/Ice pack
Think about happy memories	Count to 10	Take a Nap	Tapping	Engage in Favorite Hobby
Watch a movie	Talk to Therapist	Talk to a Friend	Write your feelings	Counting Category
Listen to music	Anchoring	Take a time out	Clench Fists	Describe Surroundings