

Stress Management

Visit your family	Arts and Crafts	Exercise	Take a walk	Religious Coping
Drawing	Think about happy memories	Stress	Breathing Exercises	Take a time out
Talk to staff	Write in a journal	FREE	Cooking	Problem-Focused Coping
Read	Talk to a friend	Reframing	Listen to music	Social Support
Go outside	Count to 10	Stress Ball	Yoga	Emotion-Focused Coping

Stress Management

Write in a journal	Breathing Exercises	Take a walk	Drawing	Stress
Exercise	Yoga	Religious Coping	Count to 10	Take a time out
Read	Cooking	FREE	Problem-Focused Coping	Arts and Crafts
Listen to music	Stress Ball	Visit your family	Emotion-Focused Coping	Talk to a friend
Reframing	Social Support	Talk to staff	Think about happy memories	Go outside

Stress Management

Count to 10	Stress Ball	Breathing Exercises	Social Support	Cooking
Visit your family	Read	Reframing	Think about happy memories	Religious Coping
Talk to staff	Emotion-Focused Coping	FREE	Talk to a friend	Listen to music
Write in a journal	Take a time out	Take a walk	Yoga	Exercise
Problem-Focused Coping	Arts and Crafts	Stress	Drawing	Go outside