Stress Management

Watch a movie	Arts and Crafts	Exercise	Take a walk	Progressive Muscle Relaxation
Drawing	Visit your family	Stress Ball	Breathing Retraining	Think about happy memories
Write in a journal	Cooking	**FREE**	Sewing	Listen to music
Cry	Painting	Talk to a friend	Play cards	Take a time out
Talk to staff	Grounding Techniques	Go outside	Read	Count to 10

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Stress Management

Sewing	Progressive Muscle Relaxation	Cooking	Think about happy memories	Count to 10
Talk to a friend	Listen to music	Painting	Visit your family	Breathing Retraining
Write in a journal	Take a walk	**FREE**	Read	Drawing
Exercise	Stress Ball	Talk to staff	Cry	Take a time out
Arts and Crafts	Watch a movie	Yoga	Emotional Freedom Techniques	Go outside

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Stress Management

Sewing	Drawing	Take a time out	Emotional Freedom Techniques	Breathing Retraining
Arts and Crafts	Yoga	Exercise	Write in a journal	Cry
Visit your family	Talk to staff	**FREE**	Play cards	Take a walk
Count to 10	Read	Painting	Listen to music	Cooking
Think about happy memories	Progressive Muscle Relaxation	Go outside	Stress Ball	Watch a movie

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