

Stress Management

Watch a musical	Ask for help	Arts and Crafts	Get support	Stress Ball
Painting	Emotional Freedom Techniques	Visit Someone who Makes You Happy	Say no to optional stressors	Breathing Exercises
Talk to staff	Wear pajamas	FREE	Cooking	Read
Identify stressors	Listen to music	Take a warm bath	Make self care time	Sewing
Talk to a friend	Start with your hardest task	Have your favorite snack	Learn a new skill	Grounding Techniques

Stress Management

Play cards	Listen to music	Go outside	Count to 10	Do something that makes you happy
Progressive Muscle Relaxation	Painting	Maslow's hierarchy of needs	Clean your space	Talk to staff
Do something nice for someone	Take a time out	FREE	Identify stressors	Learn a new skill
Visit Someone who Makes You Happy	Wear pajamas	Think about happy memories	Breathing Exercises	Read
Stress Ball	Pet cats	Cooking	Exercise	Get support

Stress Management

Talk to staff	Say something nice to yourself	Wrap up in a blanket	Take a walk	Start with your hardest task
Say no to optional stressors	Take a warm bath	Count to 10	Drawing	Painting
Emotional Freedom Techniques	Sewing	FREE	Play cards	Ask for help
Identify stressors	Arts and Crafts	Maslow's hierarchy of needs	Progressive Muscle Relaxation	Watch a musical
Do something nice for someone	try something new	Write in a journal	Exercise	Cooking