

Stress Management

Write in a journal	Breathing Exercises	Make a To-Do list	Stretch	Sleep 8 hours a night
Less time on technology	Talk to a friend/family member	Spend time with animals	Cook or Bake	Stress Ball
Take a walk	Yoga	FREE	Draw	Read
Reflect on happy memories	Study with a peer	S.M.A.R.T Goals	Paint	Spend time outside
Meditate	Fidget Toys	Stay hydrated	reach out to my support network	Listen to music

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Yoga	Cook or Bake	Stretch	Less time on technology	Spend time with animals
Make a To-Do list	reach out to my support network	Sleep 8 hours a night	Fidget Toys	Stress Ball
Reflect on happy memories	Draw	FREE	Read	Breathing Exercises
Paint	Stay hydrated	Write in a journal	Listen to music	Study with a peer
S.M.A.R.T Goals	Spend time outside	Take a walk	Talk to a friend/family member	Meditate

Stress Management

Fidget Toys	Stay hydrated	Cook or Bake	Spend time outside	Draw
Write in a journal	Reflect on happy memories	S.M.A.R.T Goals	Talk to a friend/family member	Sleep 8 hours a night
Take a walk	Listen to music	FREE	Study with a peer	Paint
Yoga	Stress Ball	Stretch	reach out to my support network	Make a To-Do list
Read	Breathing Exercises	Spend time with animals	Less time on technology	Meditate