Managing Anxiety

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

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Managing Anxiety

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

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Managing Anxiety

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

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