

Stress Management

Visit your family	Breathing Retraining	Arts and Crafts	Laugh	Take a nap
Quiet time	Emotional Freedom Techniques	Talk to staff	Sewing	Cooking
Swim	Talk to a friend	FREE	Volunteer	Dance
Say No (no purpose to you)	Painting	Play cards	Take a time out	Play sports
Stretch for 5 minutes	Tale 10 deep breathes	Progressive Muscle Relaxation	Mindful eating	Listen to music

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Read a book	Play cards	Listen to calming music	Digital detox	Do something you enjoy
Ride a bike	Read	Progressive Muscle Relaxation	Count to 10	Talk to a friend
Take a nap	Painting	FREE	Dance	Plan ahead
Talk to staff	Cooking	Volunteer	Say No (no purpose to you)	Exercise
Laugh	Stress Ball	Watch a movie	Take a relaxing bath	Swim

Stress Management

Sewing	Take a walk	Dance	Drawing	Stress Ball
Read	Emotional Freedom Techniques	Stretch for 5 minutes	Read a book	Breathing Retraining
Painting	Arts and Crafts	FREE	Quiet time	Ride a bike
Visit your family	Digital detox	Yoga	Write in a journal	Exercise
Watch a movie	Count to 10	Take a nap	Say No (no purpose to you)	Go outside