

Stress Management

do something you enjoy	Arts and Crafts	Painting	Use meditation techniques	Stress Ball
Go outside	Write in a journal	Talk to a friend	Breathing Techniques	Think about happy memories
Write down 10 things your grateful for	Count to 10	FREE	Take a walk	Read
Sewing	Visit your family	Sleep 7 hours	Talk to staff	Watch a movie
Progressive Muscle Relaxation	Play cards	Take a time out	Drawing	Give yourself a massage

Stress Management

Take a walk	Stress Ball	Count to 10	Write down 10 things your grateful for	Drawing
Use meditation techniques	Read	Sewing	Write in a journal	Breathing Techniques
positive affirmations	Take a time out	FREE	Go outside	Painting
Talk to staff	Think about happy memories	Talk to a friend	Visit your family	Give yourself a massage
Arts and Crafts	do something you enjoy	workout for 30 minutes a day	Listen to music	Play cards

Stress Management

Take a walk	Go outside	Talk to staff	Listen to music	Breathing Techniques
Arts and Crafts	workout for 30 minutes a day	positive affirmations	Give yourself a massage	Write in a journal
Grounding Techniques	Visit your family	FREE	Sleep 7 hours	Think about happy memories
Take a time out	Sewing	Read	Count to 10	Watch a movie
Drawing	Write down 10 things your grateful for	Stress Ball	Painting	Talk to a friend