

Stress Management

Drawing	Exercise	Painting	Take a time out	Write in a journal
Cooking	Listen to music	Positive Affirmations	Stress Ball	Think about happy memories
Arts and Crafts	Grounding Techniques	FREE	Talk to staff	Yoga
Count to 10	Go outside	Read	Take a walk	Watch a movie
Coloring	Get some sleep	Play with pets	Talk to a friend	Visit your family

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Count to 10	Grounding Techniques	Painting	Stress Ball	Watch a movie
Arts and Crafts	Go outside	FREE	Take a walk	Think about happy memories
Cooking	Exercise	Play with pets	Take a time out	Yoga
Drawing	Get some sleep	Play cards	Talk to a friend	Visit your family

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Count to 10	Listen to music	Play cards	Talk to a friend	Watch a movie
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