

Stress Management

Watch a movie	Arts and Crafts	Go outside	Take a walk	Prioritize self-care
Crafts	Think about happy memories	Spending time outside	Ask for help	Take a shower
Talk to your family	Breathing Exercises	FREE	Sewing	Listen to music
Painting	Talk to a friend	Play cards	Stress Ball	Talk to staff
Grounding Techniques	Good sleep	Read	Cooking	Count to 10

Stress Management

Sewing	Prioritize self-care	Breathing Exercises	Talk to your family	Cooking
Take a walk	Listen to music	Painting	Think about happy memories	Ask for help
Write in a journal	Read	FREE	Crafts	Go outside
Stress Ball	Take a shower	Spending time outside	Talk to a friend	Count to 10
Arts and Crafts	Watch a movie	Yoga	Exercise	Good sleep

Stress Management

Sewing	Crafts	Stress Ball	Exercise	Ask for help
Arts and Crafts	Yoga	Write in a journal	Count to 10	Think about happy memories
Drawing	Talk to a friend	FREE	Play cards	Take a shower
Read	Painting	Listen to music	Breathing Exercises	Talk to staff
Cooking	Talk to your family	Prioritize self-care	Go outside	Spending time outside