

STRESSORS

take a walk	Cooking	Arts and Crafts	Listen to music	Watch a movie
Talk to a friend	Exercise	play with pets	Think about loved ones	play a game
Dance	Sewing	FREE	Drawing	Take a time out
go to the thrift store	Take a walk	Watch TV	paint your nails	Play cards
Painting	Talk to staff	Deep breathing	Think about happy memories	Count to 10

STRESSORS

play a game	Deep breathing	Write in a journal	Sewing	Dance
Take a time out	play with pets	Cooking	take a walk	Think about loved ones
Watch a movie	Talk to staff	FREE	Count to 10	Think about happy memories
Exercise	Listen to music	Visit your family	visit garage sales	go to the thrift store
Drawing	Watch TV	Arts and Crafts	Talk to a friend	start a new hobby

STRESSORS

Deep breathing	volunteer	visit garage sales	Exercise	Count to 10
Write in a journal	Think about loved ones	Help a friend	Cooking	take a walk
Talk to a friend	Drawing	FREE	Watch a movie	Take a time out
Listen to music	Think about happy memories	Sewing	Painting	Watch TV
start a new hobby	Go outside	go to the thrift store	Take a walk	Arts and Crafts