

# STRESSORS

|                    |                  |                            |             |                   |
|--------------------|------------------|----------------------------|-------------|-------------------|
| play a game        | Arts and Crafts  | Help a friend              | Watch TV    | Take a walk       |
| Drawing            | paint your nails | Talk to staff              | Cooking     | Visit your family |
| Write in a journal | play with pets   | <b>FREE</b>                | Count to 10 | Play cards        |
| Read               | Watch a movie    | Take a time out            | Painting    | Talk to a friend  |
| Listen to music    | Deep breathing   | Think about happy memories | volunteer   | Go outside        |

# STRESSORS

|                    |                                     |                       |                        |                         |
|--------------------|-------------------------------------|-----------------------|------------------------|-------------------------|
| play with<br>pets  | Cooking                             | Watch<br>TV           | Drawing                | Talk to<br>staff        |
| Help a<br>friend   | volunteer                           | Take a<br>walk        | Deep<br>breathing      | Visit<br>your<br>family |
| Read               | Count to<br>10                      | <b>FREE</b>           | Play<br>cards          | Arts and<br>Crafts      |
| Painting           | Think<br>about<br>happy<br>memories | play a<br>game        | Go<br>outside          | Watch a<br>movie        |
| Take a<br>time out | Talk to a<br>friend                 | Write in<br>a journal | paint<br>your<br>nails | Listen to<br>music      |

# STRESSORS

|                    |                            |                 |                  |                 |
|--------------------|----------------------------|-----------------|------------------|-----------------|
| Deep breathing     | Think about happy memories | Cooking         | Talk to a friend | Count to 10     |
| play a game        | Read                       | Take a time out | paint your nails | Take a walk     |
| Write in a journal | Go outside                 | <b>FREE</b>     | Watch a movie    | Painting        |
| play with pets     | Visit your family          | Watch TV        | volunteer        | Help a friend   |
| Play cards         | Arts and Crafts            | Talk to staff   | Drawing          | Listen to music |