STRESSORS

Watch a movie	Art/Crafts	Exercise	Think about loved ones	Read
Deep breathing	Watch TV	Take a walk	Cooking	Think about happy memories
Watch Netflix	Write in a journal	**FREE**	Count to 10	Listen to music
Painting	Visit your family	Play cards	Help a friend	Take a time out
Go outside	Dance	Talk to a friend	Yoga	Drawing

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STRESSORS

Write in a journal	Cooking	Think about loved ones	Deep breathing	Take a walk
Exercise	Yoga	Read	Dance	Think about happy memories
Painting	Count to 10	**FREE**	Listen to music	Art/Crafts
Help a friend	Talk to a friend	Watch a movie	Drawing	Visit your family
Play cards	Take a time out	Watch Netflix	Watch TV	Go outside

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STRESSORS

Dance	Talk to a friend	Cooking	Take a time out	Count to 10
Watch a movie	Painting	Play cards	Watch TV	Read
Watch Netflix	Drawing	**FREE**	Visit your family	Help a friend
Write in a journal	Think about happy memories	Think about loved ones	Yoga	Exercise
Listen to music	Art/Crafts	Take a walk	Deep breathing	Go outside

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