

STRESSORS

Use a Stress Ball	Do Yoga	Journal	Set a Goal	Perform a Random Act of Kindness
Go for a Walk	Understand How you Feel	Ride a Bike	Draw	Take 10 Deep Breaths
Watch a Movie	Eat Healthy	FREE	Read	Listen to Music
Garden	Make a Playlist	Sing	Paint	Say Positive Things
Sleep Well	List Things You Like	Learn Something New	Play A Game	Enjoy Nature

STRESSORS

Read	Perform a Random Act of Kindness	Eat Healthy	Take 10 Deep Breaths	Enjoy Nature
Sing	Listen to Music	Make a Playlist	Understand How you Feel	Draw
Watch a Movie	Set a Goal	FREE	Play A Game	Go for a Walk
Journal	Ride a Bike	Sleep Well	Garden	Say Positive Things
Do Yoga	Use a Stress Ball	Write a Story or Poem	Hang Out With Friends	Learn Something New

STRESSORS

Read	Go for a Walk	Say Positive Things	Hang Out With Friends	Draw
Do Yoga	Write a Story or Poem	Journal	Watch a Movie	Garden
Understand How you Feel	Sleep Well	FREE	Paint	Set a Goal
Enjoy Nature	Play A Game	Make a Playlist	Listen to Music	Eat Healthy
Take 10 Deep Breaths	Perform a Random Act of Kindness	Learn Something New	Ride a Bike	Use a Stress Ball