STRESSORS

Therapy	Breathe	Be silly	Gratitude List	Socialize
Mindfulness	Exercise	Take a bath	Nap	Forgive yourself
Smile	Stretch	**FREE**	Draw	Music
Learn something new	Let it out	Spend time alone	Meeting	Play with pets
Stay hydrated	LAUGH	Journal	Movies	Hugs

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STRESSORS

Draw	Eat something yummy	Music	Mindfulness	Meeting
Dance in the Rain	Stretch	Socialize	Learn something new	Let it out
Take a bath	Breathe	**FREE**	Therapy	Movies
Meditate	Forgive yourself	Hugs	Play with pets	Walk
Smile	Nap	Stay hydrated	Exercise	Be silly

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STRESSORS

Meeting	Exercise	Music	Talk	Draw
Yoga	Walk	Forgive yourself	Dance in the Rain	Socialize
Nap	Gratitude List	**FREE**	Breathe	Therapy
Mindfulness	Smile	Let it out	Learn something new	Journal
Play with pets	Stay hydrated	Meditate	Be silly	Eat something yummy

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