

STRESSORS

Watch a movie	Arts and Crafts	Go outside	Talk to staff	Read
Deep breathing	Watch TV	Take a time out	Breath into a balloon	Talk to a friend
Use a stress ball	Cooking	FREE	Sewing	Make a list of things you like
Painting	Think about happy memories	Play cards	Take a walk	Think about loved ones
Listen to music	Help a friend	Say positive affirmations	Count to 10	Dance

STRESSORS

Sewing	Read	Cooking	Use a stress ball	Count to 10
Talk to staff	Make a list of things you like	Painting	Watch TV	Breath into a balloon
Write in a journal	Say positive affirmations	FREE	Deep breathing	Go outside
Take a walk	Talk to a friend	Take a time out	Think about happy memories	Dance
Arts and Crafts	Watch a movie	Yoga	Exercise	Help a friend

STRESSORS

Sewing	Deep breathing	Take a walk	Exercise	Breath into a balloon
Arts and Crafts	Yoga	Write in a journal	Dance	Watch TV
Drawing	Think about happy memories	FREE	Play cards	Talk to a friend
Say positive affirmations	Painting	Make a list of things you like	Cooking	Think about loved ones
Count to 10	Use a stress ball	Read	Go outside	Take a time out