

STRESSORS

Think about happy memories	Aromatherapy	Drawing	Play cards	Journal
Dance	Take a walk	Meditate	Be creative	Take a break
Body Scan	Guided Imagery	FREE	Help a friend	Relax Muscles
Humor	Painting	Go outside	Listen to music	Exercise
Cooking	Count to 10	Mandala	Deep breathing	Mindful eating

STRESSORS

Watch TV	Read	Painting	Meditate	Relax Muscles
Cooking	Count to 10	Mindful eating	Listen to music	Dance
Mandala	Be creative	FREE	Guided Imagery	Aromatherapy
Journal	Think about happy memories	Watch a movie	Deep breathing	Body Scan
Play cards	Do Yoga	Help a friend	Drawing	Go outside

STRESSORS

Mandala	Dance	Painting	Mindful eating	Do Yoga
Be creative	Watch a movie	Drawing	Watch TV	Talk to a friend
Deep breathing	Relax Muscles	FREE	Humor	Play cards
Aromatherapy	Count to 10	Listen to music	Help a friend	Gratitude jar
Think about happy memories	Body Scan	Take a break	Cooking	Take a walk