

STRESSORS

stop breathe and think	Cooking	Painting	gardenin g	Think about happy memories
Go to groups	sing	Visit your family	Dance	Write in a journal
scrapbooking	use humor	FREE	Deep breathing	Take a time out
Take a walk	play an instrument	Talk to staff	Sewing	Think about loved ones
Play cards	Go outside	Watch TV	volunteer	Listen to music

STRESSORS

use humor	Dance	gardenin g	Go to groups	Visit your family
Painting	volunteer	Think about happy memories	Go outside	Write in a journal
Take a walk	Deep breathing	FREE	Take a time out	Cooking
Sewing	Watch TV	stop breathe and think	Listen to music	play an instrument
Talk to staff	Think about loved ones	scrapbooking	sing	Play cards

STRESSORS

Go outside	Watch TV	Dance	Think about loved ones	Deep breathing
stop breathe and think	Take a walk	Talk to staff	sing	Think about happy memories
scrapbooking	Listen to music	FREE	play an instrument	Sewing
use humor	Write in a journal	gardenin g	volunteer	Painting
Take a time out	Cooking	Visit your family	Go to groups	Play cards