

STRESSORS

use humor	Cooking	Take a time out	play an instrument	Watch a movie
Listen to music	stop breathe and think	gardenin g	Dance	meditate
scrapbooking	vote	FREE	Deep breathing	Think about happy memories
Think about loved ones	role play	Visit your family	Talk to staff	encourage others
Take a walk	Go to groups	go to the park	write a list of goals	Play cards

STRESSORS

vote	Dance	play an instrument	Listen to music	gardenin g
Take a time out	write a list of goals	Watch a movie	Go to groups	meditate
Think about loved ones	Deep breathing	FREE	Think about happy memories	Cooking
Talk to staff	go to the park	use humor	Play cards	role play
Visit your family	encourage others	scrapbooking	stop breathe and think	Take a walk

STRESSORS

Go to groups	go to the park	Dance	encourage others	Deep breathing
use humor	Think about loved ones	Visit your family	stop breathe and think	Watch a movie
scrapbooking	Play cards	FREE	role play	Talk to staff
vote	meditate	play an instrument	write a list of goals	Take a time out
Think about happy memories	Cooking	gardenin g	Listen to music	Take a walk