

STRESSORS

vote	Cooking	Think about happy memories	role play	gardenin g
Take a walk	use humor	go to the park	Go to groups	play a sport
stop breathe and think	watch cute videos	FREE	Listen to music	Watch a movie
drink water	scrapbooking	encourage others	Visit your family	go for a drive
Think about loved ones	Take a time out	meditate	write a list of goals	Talk to staff

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watch cute videos	Go to groups	role play	Take a walk	go to the park
Think about happy memories	write a list of goals	gardenin g	Take a time out	play a sport
drink water	Listen to music	FREE	Watch a movie	Cooking
Visit your family	meditate	vote	Talk to staff	scrapbooking
encourage others	go for a drive	stop breathe and think	use humor	Think about loved ones

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Take a time out	meditate	Go to groups	go for a drive	Listen to music
vote	drink water	encourage others	use humor	gardenin g
stop breathe and think	Talk to staff	FREE	scrapbooking	Visit your family
watch cute videos	play a sport	role play	write a list of goals	Think about happy memories
Watch a movie	Cooking	go to the park	Take a walk	Think about loved ones