

Stress Management

Watch a movie	Arts and Crafts	Eat healthy	Talk to a friend	Play cards
Do something fun	Watch TV	Take a nap	Breath	Take a walk
Visit your family	Write in a journal	FREE	Count to 10	Listen to music
Dance	Make a to-do-list	Talk to staff	Painting	Think about happy memories
Go outside	Read	Exercise	Count to 50	Take a time out

Stress Management

Write in a journal	Talk to staff	Take a walk	Take a time out	Think about happy memories
Count to 10	Dance	Play cards	Do something fun	Read
Breath	Go running	FREE	Arts and Crafts	Painting
Watch a movie	Count to 50	Yoga	Talk to a friend	Take a nap
Eat healthy	Listen to music	Make a to-do-list	Go outside	Watch TV

Stress Management

Do something fun	Think about happy memories	Make a to-do-list	Talk to a friend	Arts and Crafts
Write in a journal	Take a walk	Eat healthy	Dance	Read
Listen to music	Go running	FREE	Count to 10	Breath
Count to 50	Visit your family	Play cards	Exercise	Take a time out
Watch TV	Watch a movie	Painting	Go outside	Drawing