

Use a stress ball	Arts and crafts	Listen to music	Take a time out	Read
Exercise	Try something new	Start a hobby or project	Cooking	Think about happy memories
Use positive self-talk	Dance	Play with a pet	Pray or meditate	Talk to a friend
Punch a punching bag	Take a shower	Music relaxation	Sew or crochet	Deep breathing
Take a walk	Go outside	Write in a journal	Let yourself cry	Play cards

Use positive self-talk	Dance	Think about happy memories	Cooking	Deep breathing
Let yourself cry	Talk to a friend	Play with a pet	Read	Take a shower
Excerise	Listen to music	Start a hobby or project	Sew or crochet	Use a stress ball
Punch a punching bag	Go outside	Try something new	Music relaxation	Take a time out
Take a walk	Write in a journal	Play cards	Arts and crafts	Pray or meditate

Talk to a friend	Sew or crochet	Go outside	Let yourself cry	Music relaxation
Deep breathing	Play cards	Exercise	Play with a pet	Use a stress ball
Punch a punching bag	Take a walk	Start a hobby or project	Dance	Try something new
Use positive self-talk	Take a shower	Write in a journal	Cooking	Arts and crafts
Pray or meditate	Think about happy memories	Take a time out	Listen to music	Read