Try to build something	10 deep breathes	Go for a walk/run	Remind yourself of 5 amazing things about you	Play a game
Do a puzzle	Tell yourself you are capable	Play music	Be with other people	Read
Take a nap	Write all that is bad right now and tear it up	**FREE**	Clean up your space	Make a list of all your good
Organize	Squeeze a stressball	Paint	Have a snack	Play in the sand
Go outside	Dance	Re-organize your room	Write in a journal	Draw

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Write all that is bad right now and tear it up	Be with other people	Remind yourself of 5 amazing things about you	Do a puzzle	Play music
Go for a walk/run	Write in a journal	Play a game	Dance	Read
Organize	Clean up your space	**FREE**	Make a list of all your good	10 deep breathes
Have a snack	Re-organize your room	Try to build something	Draw	Squeeze a stressball
Paint	Play in the sand	Take a nap	Tell yourself you are capable	Go outside

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Dance	Re-organize your room	Be with other people	Play in the sand	Clean up your space
Try to build something	Organize	Paint	Tell yourself you are capable	Play a game
Take a nap	Draw	**FREE**	Squeeze a stressball	Have a snack
Write all that is bad right now and tear it up	Read	Remind yourself of 5 amazing things about you	Write in a journal	Go for a walk/run
Make a list of all your good	10 deep breathes	Play music	Do a puzzle	Go outside

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