

Workout	10 deep breathes	Get a drink of water	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 in a journal	FREE	Clean up your space	Have a snack
Organize	Squeeze a stressball	Paint	Go to a quiet place	Play in the sand
Go outside	Dance	Re-organize your room	close your eyes for 20 seconds	Draw

Write in a journal	Be with other people	Remind yourself of 5 amazing things about you	Do a puzzle	Play music
Get a drink of water	close your eyes for 20 seconds	Play a game	Dance	Read
Organize	Clean up your space	FREE	Have a snack	10 deep breathes
Go to a quiet place	Re-organize your room	Workout	Draw	Squeeze a stressball
Paint	Play in the sand	Take a nap	Tell yourself you are capable	Go outside

Dance	Re-organize your room	Be with other people	Play in the sand	Clean up your space
Workout	Organize	Paint	Tell yourself you are capable	Play a game
Take a nap	Draw	FREE	Squeeze a stressball	Go to a quiet place
Write in a journal	Read	Remind yourself of 5 amazing things about you	close your eyes for 20 seconds	Get a drink of water
Have a snack	10 deep breathes	Play music	Do a puzzle	Go outside