

Stress Management

Watch a comedy	Arts and Crafts	Help someone out	Talk to a friend	Spend time with pet
Exercise	Think about happy memories	Stress Ball/Fidget	Count to 10	Take a walk
Tell funny joke/story	Watch a movie	FREE	Deep Breaths	Plan Ahead
Read a book	Talk to staff	Relaxing video	Listen to music	Spend time your family
Laugh it off/ignore	Drawing	Take a time out	Write in a journal	Go outside

Stress Management

Watch a movie	Count to 10	Talk to a friend	Exercise	Stress Ball/Fidget
Help someone out	Write in a journal	Spend time with pet	Drawing	Take a walk
Read a book	Deep Breaths	FREE	Plan Ahead	Arts and Crafts
Listen to music	Take a time out	Watch a comedy	Go outside	Talk to staff
Relaxing video	Spend time your family	Tell funny joke/story	Think about happy memories	Laugh it off/ignore

Stress Management

Drawing	Take a time out	Count to 10	Spend time your family	Deep Breaths
Watch a comedy	Read a book	Relaxing video	Think about happy memories	Spend time with pet
Tell funny joke/story	Go outside	FREE	Talk to staff	Listen to music
Watch a movie	Take a walk	Talk to a friend	Write in a journal	Help someone out
Plan Ahead	Arts and Crafts	Stress Ball/Fidget	Exercise	Laugh it off/ignore