

Watch a movie	Bake	Ask for help	Journal	Take a nap
Progressive Muscle Relaxation	Doodle	Walk away	Shower/Take a bath	Clean
Stress ball	Walk	FREE	Write a list of compliments about someone	Cuddle a pet
Rip paper into pieces	One-person dance party	Paint your nails	Talk to a friend	Play a game
Sort photographs	Visit friends	Play an instrument	Listen to music	Let yourself cry

Read	Paint your nails	Laugh	Deep breathing	Distract yourself
Relaxation	Punch a punching bag	Play an instrument	Cook	Walk
Take a nap	One-person dance party	FREE	Cuddle a pet	Paint
Walk away	Clean	Write a list of compliments about someone	Rip paper into pieces	Eat healthy
Journal	Sing	Write a list of compliments about yourself	Take a time out	Stress ball

Shower/Take a bath	Think positive thoughts	Cuddle a pet	Do a puzzle	Sing
Punch a punching bag	Doodle	Sort photographs	Read	Bake
One-person dance party	Ask for help	FREE	Progressive Muscle Relaxation	Relaxation
Watch a movie	Deep breathing	Yoga	Write yourself an "I love you because" letter	Eat healthy
Write a list of compliments about yourself	Cook	Take a nap	Rip paper into pieces	Exercise