

Stress Management

Watch a movie	Arts and Crafts	Emotional Regulation Techniques	Take a walk	Play cards
Crocheting	Think about happy memories	Read	Breathing Retraining	Take a time out
Talk to staff	Write in a journal	FREE	Cooking	Grounding Techniques
Listen to music	Talk to a friend	Painting	Go outside	Progressive Muscle Relaxation
Exercise	Count to 10	Stress Ball	Yoga	Drawing

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Write in a journal	Breathing Retraining	Take a walk	Crocheting	Read
Emotional Regulation Techniques	Yoga	Play cards	Count to 10	Take a time out
Listen to music	Cooking	FREE	Grounding Techniques	Arts and Crafts
Go outside	Stress Ball	Watch a movie	Drawing	Talk to a friend
Painting	Progressive Muscle Relaxation	Talk to staff	Think about happy memories	Exercise

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Count to 10	Stress Ball	Breathing Retraining	Progressive Muscle Relaxation	Cooking
Watch a movie	Listen to music	Painting	Think about happy memories	Play cards
Talk to staff	Drawing	FREE	Talk to a friend	Go outside
Write in a journal	Take a time out	Take a walk	Yoga	Emotional Regulation Techniques
Grounding Techniques	Arts and Crafts	Read	Crocheting	Exercise