

Stress Management

Watch your favorite movie	Arts and Crafts	Guided imagery	Take a walk	Read
Drawing	Visit your family	Stress Ball	Cooking	Think about happy memories
Write in a journal	Count to 10	FREE	Meditation	Painting
Talk to staff	Play cards	Take a time out	Humor Therapy	Sewing
Deep Breathing	Talk to a friend	Exercise	Yoga and Stretching	Go outside

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Write in a journal	Yoga and Stretching	Cooking	Play cards	Drawing
Take a walk	Painting	Guided imagery	Sewing	Count to 10
Meditation	Arts and Crafts	FREE	Humor Therapy	Take a time out
Go outside	Watch your favorite movie	Exercise	Talk to staff	Deep Breathing
Read	Listen to music	Think about happy memories	Stress Ball	Visit your family

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Talk to staff	Humor Therapy	Write in a journal	Go outside	Take a walk
Talk to a friend	Think about happy memories	Yoga and Stretching	Play cards	Count to 10
Take a time out	Cooking	FREE	Meditation	Guided imagery
Listen to music	Read	Deep Breathing	Arts and Crafts	Watch your favorite movie
Visit your family	Stress Ball	Painting	Sewing	Exercise