

Stress Management

Watch a movie	Arts and Crafts	Go outside	Take a walk	Play cards
Deep Breathing	Think about happy memories	Singing/Dancing	Call a friend	Talk with family
Write in a journal	Cooking	FREE	Make a To-Do List	Meditation
Talk to staff	Painting	Stress Ball	Knitting	Read a book
Count to 10	Take time to yourself	Drawing	Yoga	Exercise

Stress Management

Write in a journal	Yoga	Call a friend	Painting	Deep Breathing
Take a walk	Meditation	Go outside	Read a book	Cooking
Make a To-Do List	Arts and Crafts	FREE	Knitting	Stress Ball
Exercise	Watch a movie	Drawing	Talk to staff	Count to 10
Play cards	Listen to music	Talk with family	Singing/Dancing	Think about happy memories

Stress Management

Talk to staff	Knitting	Write in a journal	Exercise	Take a walk
Take time to yourself	Talk with family	Yoga	Painting	Cooking
Stress Ball	Call a friend	FREE	Make a To-Do List	Go outside
Listen to music	Play cards	Count to 10	Arts and Crafts	Watch a movie
Think about happy memories	Singing/Dancing	Meditation	Read a book	Drawing