

Stress Management

Watch a Movie	Ask for help	Go outside	Squeeze a Stress Ball	Positive Self Talk
Draw	Think about happy memories	Ride a bike	Cooking	Talk to a friend
Write in a journal	Count to 10	FREE	Paint	Painting
Take a walk	Play a game	Snuggle with a pet	Listen to music	Read
Deep Breathing	Take a time out	Enjoy nature	Yoga	Exercise

Stress Management

Write in a journal	Yoga	Cooking	Play a game	Draw
Squeeze a Stress Ball	Painting	Go outside	Read	Count to 10
Paint	Ask for help	FREE	Listen to music	Snuggle with a pet
Exercise	Watch a Movie	Enjoy nature	Take a walk	Deep Breathing
Positive Self Talk	Meditate	Talk to a friend	Ride a bike	Think about happy memories

Stress Management

Take a walk	Listen to music	Write in a journal	Exercise	Squeeze a Stress Ball
Take a time out	Talk to a friend	Yoga	Play a game	Count to 10
Snuggle with a pet	Cooking	FREE	Paint	Go outside
Meditate	Positive Self Talk	Deep Breathing	Ask for help	Watch a Movie
Think about happy memories	Ride a bike	Painting	Read	Enjoy nature