

Stress Management

Watch a movie	Arts and Crafts	Grounding Techniques	Take a walk	Sewing
Drawing	Visit your family	Support Groups	Breathing Exercises	Think about happy memories
Write in a journal	Cooking	FREE	Play cards/games	Progressive Muscle Relaxation
Talk to staff	Read	Take a time out	Listen to music	Stress Ball
Count to 10	Talk to a friend	Exercise	Yoga	Go outside

Stress Management

Write in a journal	Yoga	Breathing Exercises	Read	Drawing
Take a walk	Progressive Muscle Relaxation	Grounding Techniques	Stress Ball	Cooking
Play cards/games	Arts and Crafts	FREE	Listen to music	Take a time out
Go outside	Watch a movie	Exercise	Talk to staff	Count to 10
Sewing	Painting	Think about happy memories	Support Groups	Visit your family

Stress Management

Talk to staff	Listen to music	Write in a journal	Go outside	Take a walk
Talk to a friend	Think about happy memories	Yoga	Read	Cooking
Take a time out	Breathing Exercises	FREE	Play cards/games	Grounding Techniques
Painting	Sewing	Count to 10	Arts and Crafts	Watch a movie
Visit your family	Support Groups	Progressive Muscle Relaxation	Stress Ball	Exercise