

Stress Management

Volunteer	Ask for help	Arts & Crafts	Enjoy nature	Sew
Music	Distract Yourself	Think about happy memories	Play cards	Talk to staff
Cooking	Journal	FREE	Deep Breathing	Medication
Take a nap	Movie	Read	Talk to a friend	Go outside
Exercise	Painting	Count to 10	Play a game	Clean

Stress Management

Talk to staff	Count to 10	Shower	Journal	Cooking
Medication	Think about happy memories	Ask for help	Volunteer	Play cards
Sew	Painting	FREE	Clean	Play a game
Distract Yourself	Enjoy nature	Positive thoughts	Walk	Take a nap
Deep Breathing	Read	Arts & Crafts	Music	Time out

Stress Management

Count to 10	Yoga	Walk	Distract Yourself	Clean
Shower	Play cards	Eat healthy	Ask for help	Volunteer
Music	Deep Breathing	FREE	Sew	Medication
Enjoy nature	Play a game	Journal	Exercise	Read
Time out	Drawing	Take a nap	Movie	Arts & Crafts