STRESSORS

start a new hobby	Cooking	Arts and Crafts	Painting	exercise
Talk to staff	Go outside	play with pets	Watch TV	Count to 10
Write in a journal	play a game	**FREE**	take a walk	Dance
Visit your family	Take a time out	play video games	Take a walk	paint your nails
Talk to a friend	Watch a movie	Sewing	Read	Think about loved ones

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STRESSORS

Take a walk	Play cards	Dance	Deep breathing	Visit your family
Think about happy memories	Talk to staff	Count to 10	play video games	exercise
Take a shower/bath	Take a time out	**FREE**	play with pets	take a walk
Cooking	Think about loved ones	Go outside	Watch a movie	visit garage sales
go to the thrift store	Write in a journal	Watch TV	paint your nails	Drawing

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STRESSORS

Watch a movie	Think about happy memories	Go outside	Write in a journal	Think about loved ones
Cooking	Take a shower/bath	Arts and Crafts	Talk to staff	start a new hobby
Deep breathing	volunteer	**FREE**	visit garage sales	Help a friend
Count to 10	exercise	Visit your family	Listen to music	take a walk
Drawing	Take a walk	Painting	Dance	Read

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