

STRESSORS

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

STRESSORS

Take a walk	Play cards	Dance	Deep breathing	Visit your family
Think about happy memories	Talk to adult	Count to 10	play a game	exercise
Take a shower/bath	Take a time out	FREE	play video games	start a new hobby
Cooking	Think about loved ones	Go outside	Watch a movie	take a walk
go to the thrift store	Write in a journal	Watch TV	help some one	Drawing

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 adult	play with pets
Deep breathing	visit garage sales	FREE	take a walk	Help a friend
Count to 10	exercise	Visit your family	Listen to music	start a new hobby
Drawing	Take a walk	Painting	Dance	Read