

|                            |                        |                          |                    |                      |
|----------------------------|------------------------|--------------------------|--------------------|----------------------|
| Use a stress ball          | Arts and Crafts        | Let yourself cry         | Take a time out    | Punch a punching bag |
| Exercise                   | Try something new      | Sew or crochet           | Cooking            | Take a shower        |
| Think about happy memories | Use positive self-talk | <b>FREE</b>              | Dance              | Play cards           |
| Play with a pet            | Talk to a friend       | Pray or meditate         | Muscle relaxation  | Read                 |
| Listen to music            | Deep breathing         | Start a hobby or project | Write in a journal | Go outside           |

|                              |                                |                                     |                         |                     |
|------------------------------|--------------------------------|-------------------------------------|-------------------------|---------------------|
| Use<br>positive<br>self-talk | Cooking                        | Take a<br>time out                  | Excerise                | Sew or<br>crochet   |
| Let<br>yourself<br>cry       | Write in<br>a journal          | Punch a<br>punching<br>bag          | Deep<br>breathing       | Take a<br>shower    |
| Play<br>with a<br>pet        | Dance                          | <b>FREE</b>                         | Play<br>cards           | Arts and<br>Crafts  |
| Muscle<br>relaxation         | Start a<br>hobby or<br>project | Use a<br>stress<br>ball             | Go<br>outside           | Talk to a<br>friend |
| Pray or<br>meditate          | Read                           | Think<br>about<br>happy<br>memories | Try<br>something<br>new | Listen to<br>music  |

|                            |                          |                  |                    |                      |
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| Deep breathing             | Start a hobby or project | Cooking          | Read               | Dance                |
| Use a stress ball          | Play with a pet          | Pray or meditate | Try something new  | Punch a punching bag |
| Think about happy memories | Go outside               | <b>FREE</b>      | Talk to a friend   | Muscle relaxation    |
| Use positive self-talk     | Take a shower            | Take a time out  | Write in a journal | Let yourself cry     |
| Play cards                 | Arts and Crafts          | Sew or crochet   | Exercise           | Listen to music      |