

Stress Management

Watch a movie	Arts and Crafts	Garden	Take a walk	Read
Drawing	Visit your family	Sleep	Cooking	Take a time out
Think about happy memories	Yoga	FREE	Count to 10	Listen to music
Painting	Talk to a friend	Play a game	Journaling	Sing
Go outside	Deep breathing	Squeeze a stress Ball	Zumba	Exercise

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Yoga	Cooking	Take a walk	Drawing	Sleep
Garden	Zumba	Read	Deep breathing	Take a time out
Painting	Count to 10	FREE	Listen to music	Arts and Crafts
Journaling	Squeeze a stress Ball	Watch a movie	Exercise	Talk to a friend
Play a game	Sing	Think about happy memories	Visit your family	Go outside

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Deep breathing	Squeeze a stress Ball	Cooking	Sing	Count to 10
Watch a movie	Painting	Play a game	Visit your family	Read
Think about happy memories	Exercise	FREE	Talk to a friend	Journaling
Yoga	Take a time out	Take a walk	Zumba	Garden
Listen to music	Arts and Crafts	Sleep	Drawing	Go outside