

Stress Management

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

Stress Management

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

Stress Management

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