

Stress Management

Watch a movie	Arts and Crafts	Grounding Techniques	Take a walk	Sample
Drawing	Visit your family	Stress Ball	Breathing Retraining	Think about happy memories
Write in a journal	Cooking	FREE	Play cards	Progressive Muscle Relaxation
Talk to staff	Read	Take a time out	Listen to music	Sewing
Count to 10	Talk to a friend	Emotional Freedom Techniques	Yoga	Go outside

Stress Management

Write in a journal	Yoga	Breathing Retraining	Read	Drawing
Take a walk	Progressive Muscle Relaxation	Grounding Techniques	Sewing	Cooking
Play cards	Arts and Crafts	FREE	Listen to music	Take a time out
Go outside	Watch a movie	Emotional Freedom Techniques	Talk to staff	Count to 10
Sample	Painting	Think about happy memories	Stress Ball	Visit your family

Stress Management

Talk to staff	Listen to music	Write in a journal	Go outside	Take a walk
Talk to a friend	Think about happy memories	Yoga	Read	Cooking
Take a time out	Breathing Retraining	FREE	Play cards	Grounding Techniques
Painting	Sample	Count to 10	Arts and Crafts	Watch a movie
Visit your family	Stress Ball	Progressive Muscle Relaxation	Sewing	Emotional Freedom Techniques