

Stress Management

Watch a Comedy	Arts and Crafts	Name 3 Areas of Gratitude	Take a walk	Sewing
Grounding Techniques	Visit your family	Stress Ball	Cooking	Time Out/Meditation
Watch a movie	Drawing	FREE	Play cards	Progressive Muscle Relaxation
Talk to staff	Read	Stretch and Breathe	Outdoors/Nature	Spiritual Activities
Exercise	Talk to a friend	Listen to music	Write in a journal	Mindful Eating

Stress Management

Watch a movie	Write in a journal	Cooking	Read	Grounding Techniques
Take a walk	Progressive Muscle Relaxation	Name 3 Areas of Gratitude	Spiritual Activities	Drawing
Play cards	Arts and Crafts	FREE	Outdoors/Nature	Stretch and Breathe
Mindful Eating	Watch a Comedy	Listen to music	Talk to staff	Exercise
Sewing	Painting	Time Out/Meditation	Stress Ball	Visit your family

Stress Management

Talk to staff	Outdoors/Nature	Watch a movie	Mindful Eating	Take a walk
Talk to a friend	Time Out/Meditation	Write in a journal	Read	Drawing
Stretch and Breathe	Cooking	FREE	Play cards	Name 3 Areas of Gratitude
Painting	Sewing	Exercise	Arts and Crafts	Watch a Comedy
Visit your family	Stress Ball	Progressive Muscle Relaxation	Spiritual Activities	Listen to music