

Stress relievers:

Decide which work well for you (your mileage may vary!)

- ☐ Go for a walk/bike/hike
- ☐ Draw
- ☐ Stretch
- ☐ Listen to music
- ☐ Do a puzzle
- ☐ Drink tea
- ☐ Use essential oils
- ☐ Bubble bath
- ☐ Play with a puppy/kitten (of any age)
- ☐ Take a nap
- ☐ Make something with your hands
- ☐ Do a yoga pose
- ☐ Finger-paints!
- ☐ Meditate
- ☐ Volunteer
- ☐ Play with Play-Doh
- ☐ Snuggle with a loved one
- ☐ Find something that makes you laugh
- ☐ Call or text a friend
- ☐ Go swimming
- ☐ Read a book
- ☐ take a martial arts class
- ☐ Watch a TV show
- ☐ People watch
- ☐ Go to a museum
- ☐ Give a hug
- ☐ Get out into nature
- ☐ Grab a snuggly blanket
- ☐ Connect with a community you belong to
- ☐ Use a heating pad/hot water bottle
- ☐ Sing a song
- ☐ Blow bubbles
- ☐ Give / Get a massage
- ☐ Knit, sew, crochet, etc.
- ☐ Do pottery
- ☐ Pray
- ☐ Garden
- ☐ Crossword puzzles or sudoku
- ☐ Clean / Organize
- ☐ Deep breathing
- ☐ Punch a pillow, yell if it helps
- ☐ Go to the gym
- ☐ Affirmations
- ☐ Dance (no one's watching)
- ☐ Journal or write a story
- ☐ Play a sport
- ☐ Adult coloring book
- ☐ Guided imagery or hypnosis
- ☐ Find a good recipe
- ☐ Look through old photos
- ☐ Practice gratitude