

Free Stress Relievers

Identification worksheet

Circle what applies. List any additional stress/anxiety triggers

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| TAKE DEEP BREATHS | LIST YOUR POSITIVE QUALITIES |
| WATCH SOMETHING FUNNY | DO SOMETHING KIND |
| TAKE A QUICK WALK | GIVE SOMEONE A HUG |
| DO A YOGA VIDEO ON YOUTUBE | GO FOR A LONG DRIVE |
| STAND UP AND STRETCH | TAKE UP A NEW HOBBY |
| LISTEN TO A PODCAST | LOOK UP RECIPES ON PINTEREST |
| TAKE A TIME OUT | COOK A MEAL |
| SLOWLY COUNT TO 50 | PRAY |
| USE POSITIVE SELF-TALK | LET YOURSELF CRY |
| JOURNAL | HAVE AN EARLY NIGHT |
| TALK TO A FRIEND | JOIN A SELF-HELP GROUP |
| CLOSE YOUR EYES | CREATE A WEBSITE |
| SAY, "I CAN DO THIS" | GO TO A BEACH |
| VISUALIZE YOUR FAVORITE PLACE | VISIT A LIBRARY |
| THINK OF A HAPPY MEMORY | SUDOKU OR CROSSWORDS |
| THINK OF A PET YOU LOVE | DONATE OLD CLOTHES |
| GET ENOUGH SLEEP | WATCH YOUR FAV MOVIE |
| CLEAN SOMETHING | WRITE A POEM |
| MEDITATE | SIT IN THE SUN |
| USE A STRESS BALL | LISTEN TO UPLIFTING SONGS |
| DANCE | GO THROUGH OLD PHOTOS |
| WRITE A LETTER | GO FOR A RUN |
| MAKE A GRATITUDE LIST | LEARN PHRASES IN OTHER LANGUAGES |
| GO ON TIKTOK | CREATE OR BUILD SOMETHING |