



De-Stress Yourself

Body Moving Activities (these activities encourage us to move our body increase circulation~distract us from thoughts and burn off energy)

1. Stretch your body parts (arms, legs, neck)
2. Jumping Jacks 10x
3. Toe Touch 10x
4. Jogging place
5. Tense and release fist
6. Stress Press/Bear Hug

Thought Challenging Activities (these activities take our mind to a place that helps to sharpen our focus. These actions help us to take our mind away from what is troubling us)

1. Count to ten (or backwards or by 2's)
2. Use "I messages" (identify thoughts)
3. Visualize a happier place or a more successful outcome
4. Self-Talk (tell yourself what you need to do)\
5. Mindfulness on one thing

Emotional Expression Activities (these activities get us in touch with our feelings and help us to express them)

1. Journal or doodle
2. Rip something
3. Hit a pillow
4. Squeeze fists or squishy ball
5. Write a letter expressing feelings then rip it up

Socializing Activities (these activities engage us with others to help us see we are not alone)

1. Ask for help
2. Listen to someone else's perspective
3. See a friend and plan a day together
4. Join a group of interest (support, arts, music, sports)
5. Volunteer or help someone in need

Relaxing Activities (these activities relax and calm our bodies)

1. Breathe deeply
2. Go for a walk or bike ride
3. Sit in dark room or Sit in sun (depending on preference)
4. Listen to music