

meditate

breathe

create art

have a snack

talk to someone

clean

exercise

yoga

dance

nap

*There are no prizes for being the busiest or the tiredest.*

*When you are feeling stress or anxiety, stop, take a break and do something on this page.*

run or jog

blow bubbles

bake

box

watch funny videos

go outside

sing

read

write in a journal

go out with friends

listen to music