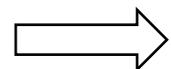


Healthy Stress Relief Activities

1. Practice deep breathing (see page 6 for breathing exercise)
2. Do a puzzle
3. Draw, paint or color
4. Listen to uplifting or inspirational music
5. Blow bubbles
6. Squeeze an ice cube tightly
7. Go to the library
8. Visit the animal shelter
9. Pet your cat or dog
10. Clean or organize a space
11. Make your bed
12. Play a game on the computer
13. Turn on all the lights
14. Sit in the sun and close your eyes (make sure you wear sunscreen!)
15. Throw rocks into the woods
16. Suck on a peppermint
17. Chew gum
18. Sip a cup of hot chocolate or tea
19. Compliment someone
20. Read your favorite book or story
21. Watch inspirational YouTube clips
22. Practice a relaxation exercise
23. Jump up and down
24. Write yourself a nice note and carry it in your pocket
25. Play solitaire
26. Do the dishes
27. Go for a brisk 10 minute walk
28. Dance to music
29. Call a friend
30. Invite a friend over
31. Download calming apps
32. Write positive affirmations on note cards & decorate
33. Write poetry
34. Rearrange your bedroom
35. Work in a garden or flower bed
36. Plant a flower in a pot
37. Sew, knit, crochet
38. Practice yoga (YouTube videos can help teach you)
39. Watch a funny or inspirational movie
40. Make a collage with pictures of your favorite things
41. Make a collage showing a positive future
42. Journal
43. Pop bubble wrap
44. Paint your nails
45. Make a gratitude list
46. Scream into a pillow
47. Swim, run, jog, bike
48. Jump rope
49. Smell a flower & touch the petals
50. Play a musical instrument
51. Do a good deed
52. Shoot hoops
53. Sing your favorite song out loud
54. Count backwards from 500
55. Brush your hair 100x
56. Squeeze a stress ball
57. Use some good smelling lotion
58. Think of 3 foods for every letter or the alphabet without skipping any
59. Write down how your feeling & why, read 1x & put it away
60. Visualization- close your eyes and imagine yourself in a beautiful place- how does it smell, what do you see, what do you hear, what do you feel...



61. Write something positive about yourself for every letter of the alphabet- decorate it & hang it where you will see it every day
62. Slowly eat one piece of your favorite candy
63. Write a letter to someone
64. Wear soft, warm clothing
65. Volunteer for an organization you are passionate about
66. Offer to walk a neighbor's dog
67. Find a safe, quiet place to sit & stay there until you know you can be safe
68. Look at pictures in a nature magazine
69. Write a fairy tale
70. Draw a cheerful picture outside with sidewalk chalk
71. Decorate and organize the inside of your locker
72. Decorate your mirror with positive affirmations and your favorite photos
73. Do a crossword, seek & find, or sudoku puzzle
74. Sit outside and listen to the calming sounds of nature
75. Write a thank you note to your best friend
76. Put on your favorite outfit
77. Read comics
78. Draw a cartoon
79. String a necklace
80. Make friendship bracelets & give one to someone who looks lonely
81. Slowly sip a glass of cold water
82. Go on a walk & take photos of flowers on a cellphone or digital camera- challenge yourself to find 15 different kinds
83. Bite your pillow as hard as you can
84. Vent to a pet or stuffed animal
85. Clean 1 room of your house
86. Ask a friend to meet you at the park
87. Wash & style your hair
88. Allow yourself to daydream for 10 minutes
89. Buy or borrow a fun magazine & read it front-to-back
90. Window shop
91. Shred blank sheets of paper
92. Play a board game with a friend or sibling
93. Throw a foam ball at an empty wall
94. Stare at a picture- notice all the details & create a story using those elements
95. Remember a happy moment and relive it in your head
96. Draw random designs & color them in. Turn your designs into cards
97. Go to the movies
98. Go to the mall & people watch
99. Write a list of compliments about a friend or teacher & give it to them
100. Make & decorate a foam or paper frame for your favorite photo
101. Write an inspirational quote on your mirror with an eyeliner pencil
102. Read a joke book. Pick out 5 of your favorite jokes & tell them to 3 friends
103. Play with silly putty or modeling clay
104. Make an inspirational banner for your room
105. Download a relaxation app (Calm, Pacifica, Headspace)

Life is 10% of what happens to you and 90% how you handle it.

Use this list to help manage stress and anxiety to be your best self. YOU matter.