

15 STRESS RELIEF STRATEGIES

1. **Deep Breathing**: breathe-in filling your bellies like an inflated balloon, then breathe-out like a deflated balloon.
2. **Muscle Relaxation**: tense and relax the muscles starting at your toes and working your way up to your head
3. **My escape**: imagine you are in a safe and peaceful place and focus on what you see there, hear there, feel there and smell there
4. **Positive affirmations**: Remind yourself of the skills or qualities you have that you are proud of (example: “I am smart”, “I am kind”, “I believe in myself”, “I accept myself”)
5. **Journaling**:
 - a. Everyday write down a positive experience you had during the day and 3 things you are grateful for
6. **Listen to music**: choose songs that calm you or make you feel happy (such as “Happy” by *Pharrell*, or “Let it Go” from *Frozen*)
7. **Exercise**: ride a bike, run, walk, ski/snowboard, jump rope, skip, do yoga, swim, surf, dance, play a sport
8. **Read a book**
9. **Random acts of kindness**: doing kind things for others makes us feel great about ourselves
10. **Get organized**: clean out your binder or backpack, organize your closet or bedroom
11. **Be creative**: sing, dance, color in a coloring book, draw/sketch, play an instrument, write a poem or song
12. **Be productive**: make a to-do list and cross tasks off as you complete them
13. **Go outdoors and experience nature**
14. **Play/have fun**: do something you enjoy doing
15. **Laugh out loud**

