20 Stress Tamers

Stand up & stretch
Take deep breaths
Slowly count to 10
Visualize your favorite place
Take a quick walk
Sit & relax all your muscles
Drink some tea
Write in your journal
List 10 positive things about yourself
Doodle or draw
Color your picture/doodling
Think of something funny
Read a joke book
Watch a funny movie
Laugh Laugh Laugh
Take a nap
Listen to music
Sing and/or Hum
Dance Dance Dance
Drink cold water

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