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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

When I have stress, I can

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| **1.** Read a  | **A.** my family or friends |
| **2.** ask for  | **B.** book |
| **3.** take a | **C.** and stretch |
| **4.** watch a  | **D.** help |
| **5.** talk to  | **E.** recovery team |
| **6.** Write down my | **F.** walk |
| **7.** practice | **G.** ten |
| **8.** talk with  | **H.** move |
| **9.** count to  | **I.** a relaxation skill |
| **10.** stand up  | **J.** thoughts and feelings |
| **11.** go for a  | **K.** nap |