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

When I have stress, I can

|  |  |
| --- | --- |
| **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 |