

# Free Stress Relievers

## Identification worksheet

Circle what applies. List any additional stress/anxiety triggers

TAKE DEEP BREATHS  
WATCH SOMETHING FUNNY  
TAKE A QUICK WALK  
DO A YOGA VIDEO ON YOUTUBE  
STAND UP AND STRETCH  
LISTEN TO A PODCAST  
TAKE A TIME OUT  
SLOWLY COUNT TO 50  
USE POSITIVE SELF-TALK  
JOURNAL  
TALK TO A FRIEND  
CLOSE YOUR EYES  
SAY, "I CAN DO THIS"  
VISUALIZE YOUR  
FAVORITE PLACE  
THINK OF A HAPPY MEMORY  
THINK OF A PET YOU LOVE  
GET ENOUGH SLEEP  
CLEAN SOMETHING  
MEDITATE  
USE A STRESS BALL  
DANCE  
WRITE A LETTER  
MAKE A GRATITUDE LIST  
GO ON TIKTOK

LIST YOUR POSITIVE QUALITIES  
DO SOMETHING KIND  
GIVE SOMEONE A HUG  
GO FOR A LONG DRIVE  
TAKE UP A NEW HOBBY  
LOOK UP RECIPES ON  
PINTEREST  
COOK A MEAL  
PRAY  
LET YOURSELF CRY  
HAVE AN EARLY NIGHT  
JOIN A SELF-HELP GROUP  
CREATE A WEBSITE  
GO TO A BEACH  
VISIT A LIBRARY  
SUDOKU OR CROSSWORDS  
DONATE OLD CLOTHES  
WATCH YOUR FAV MOVIE  
WRITE A POEM  
SIT IN THE SUN  
LISTEN TO UPLIFTING SONGS  
GO THROUGH OLD PHOTOS  
GO FOR A RUN  
LEARN PHRASES IN OTHER  
LANGUAGES  
CREATE OR BUILD SOMETHING

