1. Guided Imagery
Close your eyes and walk yourself through a peaceful scene

2. Mindfulness
Be in the moment & pay attention to what you see, hear, taste, touch and smell

3. Muscle Relaxation
Tighten then relax muscles in your starting with forehead moving to your toes
4. Breathing
Slow deep breaths in nose, inhaling calm air; Exhale stress and tension

5. Take a Walk
Take a stroll around the room or in nature
6. Create Artwork
Color, draw or paint; express your feelings or simply use a coloring book

7. Positive Self-Talk
Have a kinder, compassionate dialogue with yourself; do daily affirmations

8. Express Gratitude
Think about what you are grateful for; do a gratitude journal
9. Seek Support
   Reach out to a friend, a family member, or a trusted adult

10. Relationships
    Nurture relationships by sharing time and supporting one another
11. Foster Spirit
Develop a deeper sense of meaning & understanding to fulfill your life

12. Stop Stressors
Reduce connections to digital devices & negative or controlling friends
De-Stress Cards

Cut & Post on your wall for youth to see