

QUICK EMOTIONAL RELAXATION STRATEGIES

1. Do a positive activity
2. Take a quick walk/exercise
3. Listen to music
4. Slowly count to 10
5. Eat a healthy snack
6. Set a goal
7. Hum your favorite song
8. Doodle on paper
9. Clean something
10. Use a stress ball
11. Dance
12. Write a letter/journal
13. Look at pictures you've taken
14. Put a puzzle together
15. Do something you love
16. Drink cold water
17. Watch a funny video
18. Cook or bake
19. Identify your emotions
20. Sit & relax all your muscles
21. Breathing exercise
22. Call a good friend
23. Read a book you enjoy
24. Yoga
25. Play with a pet
26. Think of something funny
27. Make a gratitude list
28. Visualize a stop sign
29. Tell someone you are thankful for them
30. Accept that there are events that you can't control