

## Stress Reducing Activities

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Here are some things you can do to calm yourself down when you are stressed.

- Play video games
- Take a hike in the woods
- Spend time with a friend
- Text with a friend
- Go jogging
- Watch an old movie
- Build something
- Watch a TV show
- Read a book that's not for school
- Spend time with a family member
- Take a nap
- Take a bath
- Spend time with a pet
- Take a long shower
- Make some art
- Play an instrument
- Listen to music
- Workout or engage in sports activity
- Dance
- Cook or bake some food
- Meditate
- Play a board or card game
- Go swimming
- Write in a journal
- Take a walk
- Go shopping
- Other?