

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**

