

# EXAMPLES OF THINGS TO DO WHEN I AM STRESSED

The goal is to calm and contain your feelings. Try many things until you have found the things that work for you. It may not be listed on this page so keep trying no matter how silly or crazy you may feel trying them. Try to include things that appeal to many of your senses (touch, sight, hearing, smell, taste).

- Breathe
- Listen to music
- Rock in a rocking chair
- Play with your pet
- Weed a garden
- Scream into a pillow
- Take a bath
- Watch a movie
- Paint
- Pray/meditate
- Go for a walk
- Throw play dough at the wall and watch it stick
- Journal
- Call somebody
- Use my self-harm prevention contract
- Write affirmations to myself
- Color
- Repot a plant
- Play games on the computer
- Put a puzzle together
- Sew
- Walk around the mall
- Play golf
- Make a collage
- Clean the house
- Throw ice at a tree
- Play Tennis
- Beat a drum
- Cook
- Scream out loud
- Play instrument (i.e. piano, flute, guitar)
- Ride a bike
- Tear up a phonebook
- Read a book/magazine
- Tear up paper and throw it (piece by piece into the trash)
- Work on a scrap book
- Search the internet
- Do your nails
- Write a poem
- Organize CD collection
- Rearrange the furniture
- Wander around a bookstore
- Play racquetball
- Take pictures of nature
- Play solitaire games
- Light scented candles
- Beat a pillow
- Shoot hoops
- Mow the lawn
- Build something
- Yoga
- Go ice or roller skating
- Do yard work
- Play a video game
- Blow bubbles
- Finger paint
- Go swimming
- Take a nap
- Get a massage