



When you are stressed it is hard to think of what helps. Build your menu now, while you are calm. Tick the ideas you like and **add your own**, then keep this where you can see it.

1

Quick

1 to 5 minutes

- ☐ Five slow breaths
- ☐ Cold water on my hands
- ☐ Step outside
- ☐ Stretch
- ☐ Text a friend

My own:

2

Medium

10 to 30 minutes

- ☐ Go for a walk
- ☐ Shower or bath
- ☐ Play my playlist
- ☐ Write it out
- ☐ Call someone

My own:

3

Longer

An hour or more

- ☐ Exercise or a class
- ☐ Cook a meal
- ☐ Time in nature
- ☐ A hobby or project
- ☐ See a friend

My own:

What does not help me, even if it feels good at first: _____

When things are really hard

My top three, in the order I will try them.

1

2

3

People I can reach out to: _____