



# STRESS MANAGEMENT TOOLKIT

## IN THE MOMENT

- Breathing
- Progressive muscle relaxation
- Guided Imagery
- Meditation
- Take a walk

## AT HOME

- Listen to music
- Call a friend
- Watch something funny
- Drink tea
- Artwork
- Aromatherapy
- Hug from a loved one

## BUILD RESILIENCE

- Balanced diet
- Prioritize sleep
- Regular exercise
- Engage in hobbies
- Positive self-talk
- Express gratitude

## PROBLEM SOLVING

- Create a to-do list
- Social support
- Cut things out that add to stress (when possible)