

Feeling stressed? Try this...

## Taking Time for Me

Recognize strategies for self-regulation



Cut out these slips and place them in a small container. When you feel stressed, take out a slip and do the activity. How do you feel?

Take 3 slow deep breaths	Exercise or play a sport	Draw or color	List 3 things I'm thankful for
Think about a peaceful memory or favorite place	Tense my muscles and then relax	Help someone else	Stretch or do yoga

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