



## TIPS FOR NOT TOPPLING OVER INTO OVERWHELM

1. USE YOUR 5 SENSES (5 THINGS YOU CAN SEE, 4 THINGS YOU CAN HEAR, 3 THINGS YOU CAN SMELL, 2, THINGS YOU CAN TOUCH, 1 THING YOU CAN TASTE)
2. TAKE DEEP BREATHS AND COUNT TO 10 DOING IT.
3. MOVE YOUR MUSCLES CHANGE YOUR MOOD. TAKE A WALK AROUND THE HOUSE, BLOCK, YARD WHERE EVER.
4. WALK BAREFOOT ON THE EARTH.
5. TAKE A SHOWER OR BATH
6. GO HAVE A LARGE GLASS OF WATER
7. LISTEN TO CALMING MUSIC.
8. TALK TO SOMEONE YOU TRUST.
9. TAKE A 30 MINUTE BREAK TO PLAY/RELAX/UNWIND
10. DO SOMETHING CREATIVE.
11. TAKE A CAT NAP/LAY WITH EYES CLOSED.
12. DO SOME STRETCHES.
13. USE/MAKE SOME PLAY DOUGH TO SQUEEZE THE STRESS AWAY.
14. TAKE A BIKE RIDE
15. SIT OUTSIDE AND WATCH THE WORLD GO BY
16. PLAY WITH/WALK YOUR PET
17. PLAY WITH A FRIEND/SIBLING
18. START A PROJECT (GROW A GARDEN FROM SEEDS, BUILD SOMETHING, DO SOMETHING FOR SOMEONE ELSE)
19. STAR GAZE
20. PLAY IN THE RAIN/SNOW.
21. SING
22. PLAY WITH A BASKET BALL OR SOCCOR
23. WRITE A STORY
24. READ
25. JOURNAL
26. BAKE/COOK SOMETHING
27. CALL A FRIEND OR FAMILY MEMBER
28. CLEAN YOUR ROOM/DECLUTTER
29. MASSAGE YOUR HANDS AND FEET WITH LOTION.
30. SCREAM INTO A PILLOW/OUT THE WINDOW
31. COLOR IN A COLORING BOOK
32. PAINT
33. MEDITATE
34. MAKE A FUN PLAN
35. PRACTICE MEMORIZING A POEM
36. SPEND TIME WITH FAMILY/FAMILY FUN
37. BOARD GAME
38. WATCH A MOVIE/SHOW
39. WRITE A LETTER/CARD FOR SNAIL MAIL
40. CHALLENGE SOMEONE TO A RACE (COOK OFF, RUN, BAKE OFF, CHOPPED CHALLENGE)