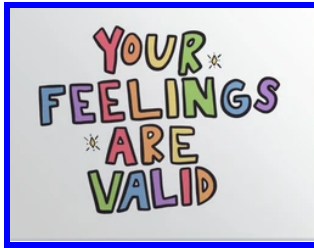


Stress is something that all people feel. It's okay.



-But it's important to do things to help our bodies and minds feel content again.

-You have the *power* to help control your body and mind. [You can make choices to help yourself feel content.](#)

## Emotional Release Strategies

These are the choices that are based on accepting our feelings and regaining control of our thoughts and emotions.

To help yourself feel content, you can try:

-Talking to a friend or family member

-Crying

-Singing

[I'm a believer karaoke](#)

[Party in the USA karaoke](#)

-Humming

-Finding a cozy spot to have quiet time

-Yelling into a pillow

-Talking to a pet

-Laughing

[Funny videos](#)

[Cake fails](#)

-Daydreaming

-Meditating

[Three Minute Meditation](#)

[How to meditate](#)

[Five minute meditation](#)

[Five minute guided meditations- multiple choices](#)

-Breathing exercises

[1 minute shape breathing](#)

[10 minute box breathing](#)

[2 minute breath bubble](#)

[List of breathing exercises](#)

-Drinking water

-Progressive muscle relaxation

[Guided progressive muscle relaxation- 4 minutes](#)

[Head to Toe muscle relaxation- 4 minutes](#)

-Cuddling with a pet

-Calling a relative

-Venting

-Sleeping

-Taking a walk

[Neighborhood scavenger hunt](#)

-Having a conversation in your head about what is causing your stress and imagining what the other person would say and what you would say to them

-Giving a family member or friend a hug

-Holding a special object

-Taking a bubble bath

-Journaling

[Journal prompts](#)

-Writing a song

-Writing a poem

-Making a comic strip

[Printable comic strip paper](#)

-Cuddling up with a fuzzy blanket

-Hugging a stuffed animal

-Drawing a picture of a place that would be relaxing

[Printable paper borders](#)

-Blowing bubbles

[Guided relaxation script- 1 minute](#)

-Making a list of your tasks and prioritizing them

[Student planner app](#)

-Taking a shower and getting cleaned up

-Daydreaming about your “happy place”

-Evaluating what makes you happy and then making sure that’s what you’re doing

-Finding a peaceful place to sit

-Thinking about what is causing you stress and asking yourself how you will feel about it in: 5 minutes?

5 days?

5 years?

-Listing all the things about yourself that are good

-Telling a family member or friend the things you like about them

-Learning or thinking about building success

[3 tips to boost your confidence TED talk](#)

-Listing three things you are grateful for

\*Grateful means things you are thankful for or appreciate. (It could be big, like family or a vacation or your bike. It could be small, like mac n' cheese or tulips or sunshine. It's *anything* that makes you feel thankful.)

[Printable gratitude note paper](#)

-Using the Problem Solving Method

