

# What helps me when I'm stressed?

Breathing steadily ☺ listening to/playing music 🌸 sitting in a relaxed manner ☺ planning strategies/organizing 🌸 having a love of outdoors ☺ walking in the fresh air 🌸 changing attitudes/techniques ☺ having strengths in coping with parental grief 🌸 not taking things to heart ☺ listening to others 🌸 de-cluttering yourself ☺ connecting to animals/pets 🌸 remembering to put the good ideas into practice ☺ being less demanding of myself-self love, self-affirming 🌸 listening/taking advice ☺ saying "I'm unique, special, I'm me!" 🌸 buying clothes ☺ laughing 🌸 running ☺ expressing feelings verbally 🌸 processing emotions ☺ thinking "I'm OK!" 🌸 watching videos of things you like 🌸 meditating ☺ learning limitations 🌸 taking walks on the beach ☺ plugging in to a higher strength 🌸 taking time out ☺ knowing it's OK to say "I'm not OK" 🌸 having prayers/things that mean to me ☺ mixing with people 🌸 writing down feelings ☺ gardening 🌸 taking a bath ☺ going on a fast/hard bike ride 🌸 reflecting on the situation - figuring out how to solve it ☺ having positive affirmations 🌸 reading/writing poetry ☺ keeping out of hospital 🌸 lying in the sun ☺ telling jokes 🌸 Goal setting ☺ singing 🌸 sleeping ☺ playing relaxation tapes 🌸 doing yoga ☺ reading 🌸 talking to a friend, counsellor or nurse ☺ insight 🌸 a sense of humour ☺ listening to the radio 🌸 meeting people ☺ painting 🌸 dancing ☺ buying something 🌸 having faith and hope ☺ thinking about why addressing it 🌸 being assertive ☺ having support 🌸