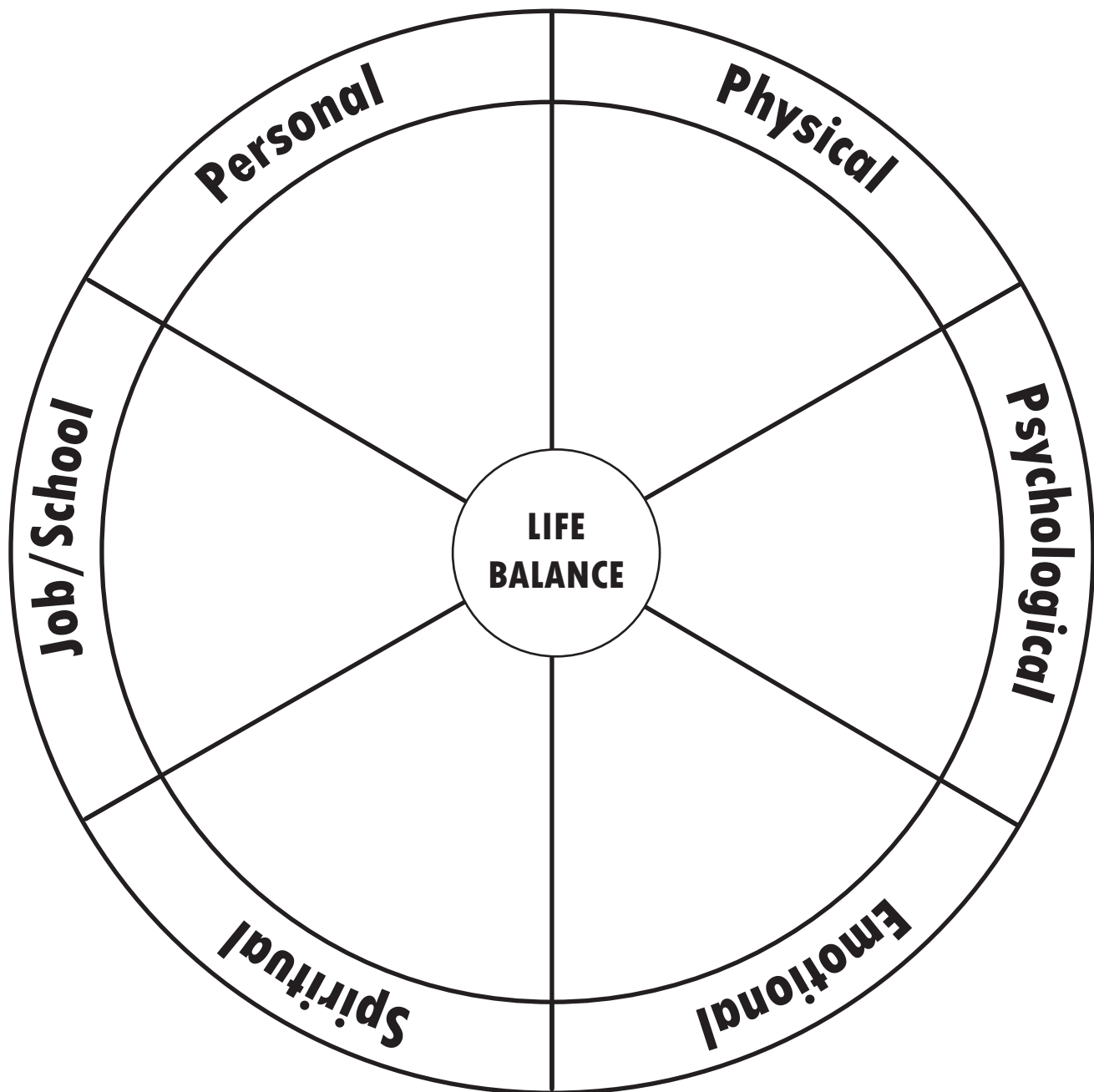


# STRESS-CARE WHEEL



**De-stressing takes intention. Read the list of words below and fill in your own answers on the blank wheel. Use what is listed, or create your own to allow de-stressing in your life.**

Exercise  
 Eat Fruits  
 Eat Veggies  
 Get enough sleep  
 vacations  
 massage  
 bubble bath  
 evening decompress stroll  
 cell phone breaks  
 "me" time  
 No screens in bed

Journal  
 Talk it out  
 Vent to someone  
 Ask for help  
 Read self help book  
 Therapy  
 Self awareness  
 Garden  
 Repeat affirmations  
 Self love  
 self compassion

Say "i love you" more  
 Watch a funny movie  
 practice forgiveness  
 Cuddle with a pet  
 Make specific goals  
 Create a vision board  
 Go on dates  
 Foster new friendships  
 Lunch out with old friends  
 Cook a delicious meal  
 Write a poem

Pray  
 Meditate  
 Yoga  
 Attend church  
 Read scriptures  
 Sing  
 Dance  
 Play with children  
 Watch sunset  
 Play in the ocean  
 Volunteer

Get organized with a planner  
 Don't procrastinate assignments  
 Take sick days  
 Take vacations days  
 Learn to say NO  
 Communicate with boss/teacher  
 Relax at lunch  
 Set boundaries  
 Develop a new hobby  
 Seek a spiritual mentor