



Coping Strategies for Stress Management

Green Zone		
<ul style="list-style-type: none"> - Go for a walk - Exercise - Read a book - Bake or cook - Meditate - Yoga - Call/text a friend/family member - Spend time with a friend/family member - Listen to music - Journal - Pray - Sleep or nap - Attend church or religious ceremonies/practices - Play an instrument - Sing - Dance - Spend time with a pet/animal 	<ul style="list-style-type: none"> - Practice self-affirmations - Light a candle - Go on a hike - Look at old photos/videos - Listen to a podcast - Take deep breaths - Aromatherapy - Suck on an ice cube or drink cold water - Play a board game/cards - Rearrange your furniture - Make a gratitude list - Play a sport - Stretch - Go for a relaxing drive - Art activities (drawing, painting) 	<ul style="list-style-type: none"> - Watch TV or a movie - Garden - Clean your house/room - Eat a snack - Use a stress ball or similar tool - Enjoy nature - Progressive muscle relaxation - Knit or sew - Have a personal spa day - Call a help hotline - Seek counseling - Play video games - Create a to-do list - Scroll on social media - Plan trips or vacations - Go shopping - Take a bath
Red Zone		
<ul style="list-style-type: none"> - Cry - Drink alcohol - Use substances/drugs - Theft - Vandalization - Smoking tobacco products and/or marijuana - Gambling 	<ul style="list-style-type: none"> - Isolation/avoidance of others - Arguing with friends/families/coworkers - Impulsive spending - Infliction of pain on self or others 	<ul style="list-style-type: none"> - Eating too much or too little - Bite fingernails - Negative self-talk/criticize yourself - Oversleeping - Aggression