



Managing Stress

Color in the shapes and try some of these activities that can help manage stress. Which ones work best for you?

Belly Breathing

Breathe in through your nose all the way down from your belly. Hold your breath for 4 seconds, then slowly breathe out. Repeat as often as desired.

NAME THAT FEELING...

Sit in the silence if you're not sure how you feel. Try to notice if there are physical symptoms in your body which might help you name and express your emotions.

Make a GLITTERJAR

Fill a jar with 2 parts water and 1 part glycerin (if you'd like the glitter to float longer, add more glycerin). Add 2 drops of dish soap. Add glitter and, if you like, food coloring. Glue around rim of water-tight lid, seal and let set. Enjoy!

balance

Activities with freetime

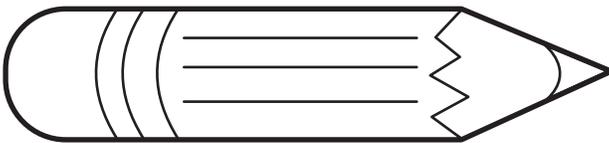
BE patient with yourself

get OUTSIDE

KNOW that it's OK to

- ...scribble instead of color. **Things don't have to be perfect.**
- ...yell into a pillow.
- ...vent in a healthy, appropriate way!

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SNOHOMISH COUNTY HEALTH DEPARTMENT