

Freedom From Lockdown Stress

CHALLENGE

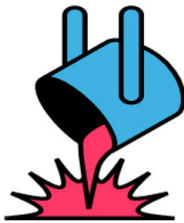
CREATING YOUR PLAN

Step 1



Identify your **6 STOP Tools**.
Remember: three of them must be
what you have access to at all times.

Step 2



Identify your **6 RELEASE Tools**.
Remember: three of them must be
what you have access to at all times.

Check idea list on the next page!





Calming

Read

Count to 10

Take a Time Out

Listen to Music

Breathing

Prayer

Serenity Prayer

Guided Imagery

Meditate

Shower or Bath

Aromatherapy

+ Self Talk

Look at Pictures



Active

Walk

Talk

Write / Dump

Sing / Dance

Clean

Exercise

Coloring

Punching Bag

Hobbies

Laughter

Gardening

Ho, Ho, Ha, Ha

Cooking