

**One thing that helped me manage my stress this week was...**

Taking a walk outside

Taking a walk at lunch time.

watching funny cat videos with my kids

Taking a nap

Read a book before bed

Insight Timer app for guided meditations

remembering that I can cope

Walking my dog

Playing with my kids

Do nothing work-related over the weekend.

Talking with peers about struggles

Spending time with my dog

Calling a friend and laughing through the crud

Create a to-do list to help prioritize tasks

walk breaks

Playing outside with my dogs.

Go for a walk

talking to others

Hiking and foraging

Exercise

not rushing to start working on my computer immediately in the morning. taking a walk first thing in the morning before working.

Play music

5-minute tea break

Playing games with my kids

Read a book

Healthy Minds app - developed right here

taking a walk at lunchtime... taking a bath when the kids are in bed

Taking a deep breath and walking away from my computer

watching movies

petting my bunnies

Watch the birds at the feeder

Select a realistic number of items from my longer to-do list for my today to-do list

Cooking

taking a break - walking, meditation

I started a journal/diary related to work that I write at the end of my work day and then I TURN OFF MY COMPUTER BYEEEE

Therapy

Practicing mindfulness and meditation

Bike rides

Reading my book

Kristin Neff's guided meditation: <https://self-compassion.org/guided-self-compassion-meditations-mp3-2/>

Meeting with a friend for coffee

Taking a break from the screen

Being present with husband, dog, friends, etc. when not working

Spending time with family

Getting outside, finding ways to be mindful, and doing something I love

taking one thing at a time

celebrate my students' achievements

Taking an exercise class

Plan camping trip to look forward to

Cleaning break

Reading a book

<https://self-compassion.org/guided-self-compassion-meditations-mp3-2/>

play the piano

Spending a few minutes drawing

Spending time in the sun outside

Readjusting my todo list to remove items for today when urgent items come in (not adding)

use all your vacation hours - and actually unplug

forest bathing

Hiking