**Stress Skills**

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| AWARENESS | SELF  SOOTHING | DISTRACTION | SELF  MANAGEMENT | SOCIAL  CONNECTION | INTRA  PERSONAL | PROBLEM  SOLVING |
| Stress  Scaling | Shake it off! | Music | Eat/Sleep/Move | Healthy Venting | Values Identification | Brainstorming |
| Interoceptive Awareness | Five-finger relaxation | Computer Gaming | Block Schedule | Assertive Communication | Spirituality | Pros/Cons |
| Trigger Identification | Yoga | Hobby/Sport | To-do List | Help Seeking | Cognitive Reappraisal | Assertive Communication |
| Verbalizing Feelings | Massage |  | Stop-do List  (saying “no”) | Humor | Forgiveness | Tutoring |
| Mindfulness Meditation |  |  |  |  | Journaling | Skill-building |
|  |  |  |  |  | Counseling |  |
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