




BUSTING STRESS


Seek Calm


Take deep breaths & identify:

5 things you can see 

 4 things you can feel

3 things you can hear 

 2 things you can smell

1 thing you can taste 

Distract

Listen to music

Count backwards by 10

Doodle, draw, or color

Put hands in cold water

Watch a favorite movie

Let It Out

Journal

Talk with a trusted person

Share your thoughts & feelings

Explore source of stress

Explore ways to reduce stress

Create a Lifeboat profile at
lifeboat.nomv.org

Get Physical



Stretch



Dance



Walk



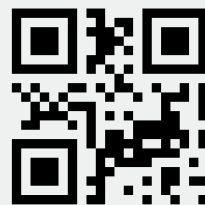
Bike



Garden



Clean



NOMV
NOT ONE MORE VET