

Stress Soothing Toolbox

	Social	Emotional	Spiritual	Intellectual	Physical	Environmental
	Developing a sense of connection, belonging and support with others	Managing your feelings to meet the demands of everyday life	Discovering a sense of meaning and purpose in your life	Engaging in creative and mentally-stimulating activities	Acknowledging the importance of physical activity, nutrition and sleep	Creating a space that supports wellbeing
Less than 5 Minutes						
Less than 15 Minutes						
More than 30 Minutes						

Fill your toolbox



Step 1 of 2 - Identify Current Tools: Plot your current go-to stress-soothing tactics in each area - according to how long they currently take.

Step 2 – Expand Your Tools:

Fill in the remaining boxes. How could you shorten or lengthen current tactics? Are there new tactics you could try?