The selected activities are helpful strategies to reduce stress, anxiety, and anger:

**Progressive Relaxation Technique**

A method that helps relieve that tension in your muscles

<https://www.therapistaid.com/therapy-video/progressive-muscle-relaxation>

**Mindfulness**

A mental state of staying focused in the moment.

<https://www.youtube.com/watch?v=Jholcb8Gz0M>

**Coloring**

Distraction technique to shift focus

<https://www.therapistaid.com/therapy-worksheet/mandalas/relaxation/none>

**Gratitude Journal**

Identifying the positive in life and appreciation in life

<https://www.therapistaid.com/worksheets/gratitude-journal-three-good-things.pdf>

**Gratitude Jar**

Create a special jar and ask students to write one grateful statement each day

<https://www.therapistaid.com/worksheets/gratitude-jar.pdf>

**Breathing Technique**

<https://www.therapistaid.com/interactive-therapy-tools>

**Diaphragmatic Breathing**

<https://www.psychology.uga.edu/sites/default/files/CVs/Clinic_Diaphragmatic_Breathing.pdf>

**Meditation**

Learning to rest your mind and body

<https://www.youtube.com/watch?v=inpok4MKVLM>