



HOPE BENEATH THE RUBBLE

Stress Release Plan

When life is stress-filled, turning to familiar things can help comfort you. Take a moment to list the things that bring you calm and peace. Write them down in the spaces below, so you can easily revisit them whenever you need a little extra comfort in your day.

ITEMS THAT BRING YOU COMFORT

ACTIVITIES THAT BRING YOU COMFORT

PEOPLE THAT BRING YOU COMFORT

MUSIC THAT BRINGS YOU COMFORT
