

COPING SKILLS

Watch TV	Arts and Crafts	Go outside	Talk to a friend	Play an instrument
Deep breathing	Think about loved ones	Sewing	Clean	Think about happy memories
Cooking	Meditate	@@mp7lq	Painting	Tension/Release
Pet my animal	Take a walk	Listen to music	Play cards	Help a friend
Count to 10	Dance	Read	Drawing	Take a time out

COPING SKILLS

Watch a movie	Talk to staff	Take a walk	Sewing	Tension/Release
Count to 10	Dance	Take a time out	Play cards	Deep breathing
Read	Clean	@@mp7lq	Meditate	Arts and Crafts
Play an instrument	Watch TV	Write in a journal	Drawing	Cooking
Talk to a friend	Excerise	Painting	Go outside	Listen to music

COPING SKILLS

Read	Deep breathing	Take a walk	Take a time out	Excerise
Clean	Write in a journal	Go outside	Watch a movie	Visit your family
Drawing	Tension/Release	@@mp7lq	Pet my animal	Talk to a friend
Arts and Crafts	Dance	Play cards	Painting	Make a goal
Watch TV	Cooking	Think about happy memories	Count to 10	Think about loved ones