

Techniques

Watch TV	Arts and Crafts	Exercise	Talk to staff	Play cards
Drawing	Visit your family	Take a time out	Cooking	Talk to a friend
Think about loved ones	Watch a movie	FREE	Count to 10	Listen to music
Painting	Think about happy memories	Play a game	Help a friend	Read
Go outside	Deep breathing	Take a walk	Write in a journal	Drink some water

Techniques

Watch a movie	Cooking	Talk to staff	Drawing	Take a time out
Exercise	Write in a journal	Play cards	Deep breathing	Talk to a friend
Painting	Count to 10	FREE	Listen to music	Arts and Crafts
Help a friend	Take a walk	Watch TV	Drink some water	Think about happy memories
Play a game	Read	Think about loved ones	Visit your family	Go outside

Techniques

Deep breathing	Take a walk	Cooking	Read	Count to 10
Watch TV	Painting	Play a game	Visit your family	Play cards
Think about loved ones	Drink some water	FREE	Think about happy memories	Help a friend
Watch a movie	Talk to a friend	Talk to staff	Write in a journal	Exercise
Listen to music	Arts and Crafts	Take a time out	Drawing	Go outside