

Coping Skills

Visit your family	Arts and Crafts	Drawing	Talk to a friend	Play cards
Dance	Think about loved ones	Read	Color	Take a walk
Think about happy memories	Watch TV	FREE	Confront issue	Help a friend
Listen to music	Talk to staff	Painting	Go outside	Put puzzle together
Exercise	Count to 10	Take a time out	Write in a journal	Deep breathing

Coping Skills

Watch TV	Color	Talk to a friend	Dance	Read
Drawing	Write in a journal	Play cards	Count to 10	Take a walk
Listen to music	Confront issue	FREE	Help a friend	Arts and Crafts
Go outside	Take a time out	Visit your family	Deep breathing	Talk to staff
Painting	Put puzzle together	Think about happy memories	Think about loved ones	Exercise

Coping Skills

Count to 10	Take a time out	Color	Put puzzle together	Confront issue
Visit your family	Listen to music	Painting	Think about loved ones	Play cards
Think about happy memories	Deep breathing	FREE	Talk to staff	Go outside
Watch TV	Take a walk	Talk to a friend	Write in a journal	Drawing
Help a friend	Arts and Crafts	Read	Dance	Exercise