COPING SKILLS

take a walk	Cooking	Arts and Crafts	Listen to music	Watch a movie
Talk to a friend	Exercise	play with pets	Think about loved ones	play a game
Dance	Sewing	**FREE**	Drawing	Take a time out
go to the thrift store	Take a walk	Watch TV	paint your nails	Play cards
Painting	Talk to staff	Deep breathing	Think about happy memories	Count to 10

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COPING SKILLS

play a game	Deep breathing	Write in a journal	Sewing	Dance
Take a time out	play with pets	Cooking	take a walk	Think about loved ones
Watch a movie	Talk to staff	**FREE**	Count to 10	Think about happy memories
Exercise	Listen to music	Visit your family	visit garage sales	go to the thrift store
Drawing	Watch TV	Arts and Crafts	Talk to a friend	start a new hobby

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COPING SKILLS

Deep breathing	volunteer	visit garage sales	Exercise	Count to 10
Write in a journal	Think about loved ones	Help a friend	Cooking	take a walk
Talk to a friend	Drawing	**FREE**	Watch a movie	Take a time out
Listen to music	Think about happy memories	Sewing	Painting	Watch TV
start a new hobby	Go outside	go to the thrift store	Take a walk	Arts and Crafts

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