

COPING SKILLS

take a walk	Cooking	Arts and Crafts	Help a friend	Write in a journal
Talk to a friend	Drawing	play with pets	Visit your family	Exercise
Watch a movie	play a game	FREE	Dance	Think about loved ones
Read	Sewing	call a friend	Take a walk	Watch TV
paint your nails	Play cards	Painting	Think about happy memories	Listen to music

COPING SKILLS

Dance	Deep breathing	Think about loved ones	Talk to a friend	Take a walk
Count to 10	play a game	Write in a journal	Read	Sewing
play with pets	Cooking	FREE	take a walk	Think about happy memories
Take a time out	Exercise	Listen to music	Watch TV	visit a friend
Watch a movie	Visit your family	paint your nails	Drawing	Arts and Crafts

COPING SKILLS

Take a walk	Drawing	Think about loved ones	start a new hobby	Dance
volunteer	visit a friend	Exercise	Count to 10	Write in a journal
Visit your family	Help a friend	FREE	Cooking	take a walk
Talk to a friend	Watch a movie	Sewing	Read	Painting
Watch TV	paint your nails	Take a time out	Arts and Crafts	Deep breathing