triggers

Watch TV	Arts and Crafts	Excerise	Talk to staff	Read
Deep breathing	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 cards	Help a friend	Sewing
Go outside	Dance	Take a walk	Write in a journal	Drawing

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triggers

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

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triggers

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

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