STRESSORS

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

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STRESSORS

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

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STRESSORS

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

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