

Coping skills

Talk to a friend	Count	Exercise	Read	Meditate
Deep breathing	Talk to a friend	Painting	Count	Read
Stress ball	Yoga	FREE	Dance	Hand clasp
Listen to music	Stress ball	Listen to music	Hand clasp	Meditate
Exercise	Dance	Painting	Yoga	Deep breathing

Coping skills

Yoga	Count	Read	Deep breathing	Painting
Exercise	Yoga	Meditate	Dance	Read
Listen to music	Dance	FREE	Hand clasp	Count
Hand clasp	Painting	Talk to a friend	Deep breathing	Stress ball
Listen to music	Meditate	Stress ball	Talk to a friend	Exercise

Coping skills

Dance	Painting	Count	Meditate	Dance
Talk to a friend	Listen to music	Listen to music	Talk to a friend	Meditate
Stress ball	Deep breathing	FREE	Stress ball	Hand clasp
Yoga	Read	Read	Yoga	Exercise
Hand clasp	Count	Painting	Deep breathing	Exercise