

Coping Skills

start a new hobby	Arts and Crafts	Listen to music	Watch a movie	Talk to a friend
Go outside	play a game	Think about loved ones	Count to 10	paint your nails
Dance	Take a shower/bath	FREE	Take a time out	exercise
Take a walk	Watch TV	Play cards	Talk to staff	Painting
Deep breathing	Drawing	Think about happy memories	Help a friend	Visit your family

Coping Skills

take a walk	Write in a journal	Watch TV	Think about loved ones	exercise
Deep breathing	Drawing	Visit your family	Talk to staff	Go outside
Think about happy memories	Count to 10	FREE	Take a shower/bath	Arts and Crafts
Talk to a friend	start a new hobby	volunteer	Help a friend	Dance
Watch a movie	Leisure activities	Take a time out	Listen to music	Play cards

Coping Skills

Think about happy memories	Go outside	Watch TV	Visit your family	Leisure activities
Count to 10	volunteer	Listen to music	take a walk	play with pets
Help a friend	exercise	FREE	Take a walk	Watch a movie
Arts and Crafts	Drawing	Talk to staff	Take a time out	Read
start a new hobby	Dance	paint your nails	Deep breathing	play a game