

Coping Skills

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

Coping Skills

Read	Dance	Take a shower/bath	play with pets	Count to 10
start a new hobby	play a game	Think about loved ones	Watch a movie	Talk to staff
Take a time out	Talk to a friend	FREE	Go outside	Listen to music
Visit your family	take a walk	Write in a journal	exercise	Deep breathing
Drawing	Watch TV	Arts and Crafts	Take a walk	volunteer

Coping Skills

take a walk	Help a friend	Dance	Write in a journal	Go outside
Think about loved ones	Leisure activities	volunteer	Count to 10	start a new hobby
Take a walk	Drawing	FREE	Watch a movie	Take a shower/bath
Listen to music	Read	Arts and Crafts	Painting	Talk to staff
Watch TV	play with pets	exercise	Take a time out	paint your nails