# Coping Skills

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



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# Coping Skills

| | | | | |
|---|---|---|---|---|
| Talk to staff | Take a walk | Dance | paint your nails | Deep breathing |
| Watch a movie | Read | Take a shower/bath | play a game | Count to 10 |
| start a new hobby | Talk to a friend | **FREE** | Go outside | Listen to music |
| Visit your family | Watch TV | Think about loved ones | Write in a journal | Drawing |
| Arts and Crafts | play with pets | take a walk | Leisure activities | Painting |



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# Coping Skills

| | | | | |
|---|---|---|---|---|
| Talk to staff | Go outside | Visit your family | Leisure activities | Count to 10 |
| Arts and Crafts | take a walk | start a new hobby | Drawing | play a game |
| Help a friend | Write in a journal | **FREE** | Take a time out | Watch TV |
| Talk to a friend | Take a shower/bath | Read | Dance | exercise |
| Deep breathing | paint your nails | Take a walk | Listen to music | Think about loved ones |



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