STRESSORS

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

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STRESSORS

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

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STRESSORS

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

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