

Coping Skills

Walk around your room	5x5 thinking	Exercise	Think about happy memories	Sing in your room
Deep breathing	Visit your family	Take a time out	Arts and Crafts	Talk to staff
Use a stress ball	Write in a journal	FREE	Count to 10	Peer support
Play cards	Think about loved ones	Read	Painting	Square breathing
Listen to music	Crochet	Take time	Write poems	Drawing

Coping Skills

Write in a journal	Arts and Crafts	Think about happy memories	Deep breathing	Take a time out
Exercise	Write poems	Sing in your room	Crochet	Talk to staff
Play cards	Count to 10	FREE	Peer support	5x5 thinking
Painting	Take time	Walk around your room	Drawing	Think about loved ones
Read	Square breathing	Use a stress ball	Visit your family	Listen to music

Coping Skills

Crochet	Take time	Arts and Crafts	Square breathing	Count to 10
Walk around your room	Play cards	Read	Visit your family	Sing in your room
Use a stress ball	Drawing	FREE	Think about loved ones	Painting
Write in a journal	Talk to staff	Think about happy memories	Write poems	Exercise
Peer support	5x5 thinking	Take a time out	Deep breathing	Listen to music