

Coping Skills

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

Coping Skills

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

Coping Skills

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