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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