

Take a Walk	Art	Ice	Rubber-band	Painting
Exercise	Stress Ball	Poetry	Dance	Remove All Sharp Objects
Spiritual	Talking	FREE	Deep Breathing	List of Goals
Music	Shower/Bath	No Harm Contracts	List of Consequences	Play with a Pet
Journaling	Develop a Plan	REBT	Watch a Movie	Guided Imagery

Talking	Dance	Rubber-band	Exercise	Poetry
Ice	Watch a Movie	Painting	Develop a Plan	Remove All Sharp Objects
Music	Deep Breathing	FREE	List of Goals	Art
List of Consequences	REBT	Take a Walk	Guided Imagery	Shower/Bath
No Harm Contracts	Play with a Pet	Spiritual	Stress Ball	Journaling

Develop a Plan	REBT	Dance	Play with a Pet	Deep Breathing
Take a Walk	Music	No Harm Contracts	Stress Ball	Painting
Spiritual	Guided Imagery	FREE	Shower/Bath	List of Consequences
Talking	Remove All Sharp Objects	Rubber-band	Watch a Movie	Ice
List of Goals	Art	Poetry	Exercise	Journaling