

Relapse Prevention

Watch TV	Arts and Crafts	Listen to Music	Talk to a Friend	Relaxation techniques
Go Outside	Volunteer	Take a Time Out	Cooking	Talk to Staff
Visit Family	Count to 10	FREE	Socialize	Painting/Drawing
Play a Game	Therapy	Prayer/Meditate	Take a Walk	Think About Happy Memories
Medication	Making Food	Sober support	Deep Breathing	Exercise

Relapse Prevention

Socialize	Relaxation techniques	Count to 10	Visit Family	Deep Breathing
Talk to a Friend	Painting/Drawing	Play a Game	Volunteer	Cooking
Watch a Movie	Sober support	FREE	Go Outside	Listen to Music
Take a Walk	Talk to Staff	Take a Time Out	Therapy	Exercise
Arts and Crafts	Watch TV	Write in a Journal	Help a friend	Making Food

Relapse Prevention

Socialize	Go Outside	Take a Walk	Help a friend	Cooking
Arts and Crafts	Write in a Journal	Watch a Movie	Exercise	Volunteer
Go to a Meeting	Therapy	FREE	Prayer/Meditate	Talk to Staff
Sober support	Play a Game	Painting/Drawing	Count to 10	Think About Happy Memories
Deep Breathing	Visit Family	Relaxation techniques	Listen to Music	Take a Time Out