

COPING SKILLS

Watch TV	Arts and Crafts	Go outside	Talk about what is bothering you	Play cards
Drawing	Think about loved ones	Take a shower	Cooking	Take a walk
Think about happy memories	Watch a movie	FREE	Dance	Look up a new project
Meditate/yoga	Talk to a friend	Painting	Listen to music	Read
Help a friend	Deep breathing	Take a time out	Write in a journal	Exercise

COPING SKILLS

Watch a movie	Cooking	Talk about what is bothering you	Drawing	Take a shower
Go outside	Write in a journal	Play cards	Deep breathing	Take a walk
Meditate/yoga	Dance	FREE	Look up a new project	Arts and Crafts
Listen to music	Take a time out	Watch TV	Exercise	Talk to a friend
Painting	Read	Think about happy memories	Think about loved ones	Help a friend

COPING SKILLS

Deep breathing	Take a time out	Cooking	Read	Dance
Watch TV	Meditate/yoga	Painting	Think about loved ones	Play cards
Think about happy memories	Exercise	FREE	Talk to a friend	Listen to music
Watch a movie	Take a walk	Talk about what is bothering you	Write in a journal	Go outside
Look up a new project	Arts and Crafts	Take a shower	Drawing	Help a friend