

Coping Skills

Visit your family	Arts and Crafts	Excerise	Talk to a friend	Play cards
Deep breathing	Use positive self talk	Sewing	Cooking	Take a walk
Try a new hobby	Watch TV	FREE	Count to 10	Listen to music
Painting	Talk to staff	Pet your cat or dog	Help a friend	Read
Go outside	Dance	Take a time out	Write in a journal	Drawing

Coping Skills

Watch TV	Cooking	Talk to a friend	Deep breathing	Sewing
Excerise	Write in a journal	Play cards	Dance	Take a walk
Painting	Count to 10	FREE	Listen to music	Arts and Crafts
Help a friend	Take a time out	Visit your family	Drawing	Talk to staff
Pet your cat or dog	Read	Try a new hobby	Use positive self talk	Go outside

Coping Skills

Dance	Take a time out	Cooking	Read	Count to 10
Visit your family	Painting	Pet your cat or dog	Use positive self talk	Play cards
Try a new hobby	Drawing	FREE	Talk to staff	Help a friend
Watch TV	Take a walk	Talk to a friend	Write in a journal	Excerise
Listen to music	Arts and Crafts	Sewing	Deep breathing	Go outside