

Coping Skills

Watch TV	Arts and Crafts	Leisure activities	Take a walk	Play with pets
Exercise	Visit your family	Take a shower/bath	Count to 10	Take a walk
Think about loved ones	Dance	FREE	Start a new hobby	Painting
Play a game	Talk to a friend	Play cards	Take a time out	Talk to an adult
Paint your nails	Listen to music	Read	Deep breathing	Drawing

Coping Skills

Start a new hobby	Play with pets	Dance	Think about loved ones	Deep breathing
Take a walk	Painting	Play a game	Visit your family	Count to 10
Watch a movie	Read	FREE	Exercise	Leisure activities
Take a time out	Take a walk	Take a shower/bath	Talk to a friend	Drawing
Arts and Crafts	Watch TV	Write in a journal	Help a friend	Listen to music

Coping Skills

Start a new hobby	Exercise	Take a time out	Help a friend	Count to 10
Arts and Crafts	Write in a journal	Watch a movie	Drawing	Visit your family
Go outside	Talk to a friend	FREE	Play cards	Take a walk
Read	Play a game	Painting	Dance	Talk to an adult
Deep breathing	Think about loved ones	Play with pets	Leisure activities	Take a shower/bath