

Take a nap	3 positive statements	Count objects	Make a cup of tea/coffee	Go to church/read bible
Cheerlead yourself!	Take a bath	Journal	Call 1 800 237 TALK	Read
Watch TV	Call a friend	Force yourself to smile	Go Running	Practice breathing
Go for a walk	Listen to Music	Count to 10	Have good meal	Call family
Make a gift for someone	Cold towel of forehead	Watch a funny movie	Color	Dance

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Color	Practice breathing	Force yourself to smile	Go to church/read bible	Listen to Music
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Call family	Dance	Cheerlead yourself!	Force yourself to smile	Take a nap
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Watch TV	Listen to Music	Watch a funny movie	Call 1 800 237 TALK	3 positive statements
Go Running	Read	Make a cup of tea/coffee	Count objects	Go to church/read bible