

M	H	F	P	C
Watch TV	Ask for Help	Free Space	Talk to a Peer/friend	Read
Drawing	Think of a joke	Take a walk	Call a loved one	Talk to Treatment Team
Think about loved ones	Watch a movie	FREE	Count to 10	Meditation
Play Checkers	Think about happy memories	Play cards	Listen to music	Take a time out
Help a Peer/friend	Deep breathing	Talk in Group	Write in a journal	Exercise

M	H	F	P	C
Watch a movie	Call a loved one	Talk to a Peer/friend	Drawing	Take a walk
Free Space	Write in a journal	Read	Deep breathing	Talk to Treatment Team
Play Checkers	Count to 10	FREE	Meditation	Ask for Help
Listen to music	Talk in Group	Watch TV	Exercise	Think about happy memories
Play cards	Take a time out	Think about loved ones	Think of a joke	Help a Peer/friend

M	H	F	P	C
Deep breathing	Talk in Group	Call a loved one	Take a time out	Count to 10
Watch TV	Play Checkers	Play cards	Think of a joke	Read
Think about loved ones	Exercise	FREE	Think about happy memories	Listen to music
Watch a movie	Talk to Treatment Team	Talk to a Peer/friend	Write in a journal	Free Space
Meditation	Ask for Help	Take a walk	Drawing	Help a Peer/friend