

coping skills

stress ball	Count to 10	Arts and Crafts	Listen to music	find a distraction
Think about happy memories	Excerise	punch a pillow	Watch TV	Go outside
Write in a journal	glitter bottle	FREE	Deep breathing	Visit your family
Take a time out	Take a walk	finger breathing	Talk to staff	Watch a movie
get a drink	Read	Play cards	Think about loved ones	Painting

coping skills

Deep breathing	Drawing	Visit your family	Think about happy memories	Talk to staff
Dance	glitter bottle	find a distraction	Take a time out	Take a walk
punch a pillow	Count to 10	FREE	stress ball	Think about loved ones
Talk to a friend	Go outside	Painting	Watch a movie	take a walk
Write in a journal	Watch TV	get a drink	Excerise	Arts and Crafts

coping skills

Talk to staff	Excerise	Visit your family	square breathing	Deep breathing
use the quiet room	take a walk	Go outside	Dance	find a distraction
Watch TV	Listen to music	FREE	Count to 10	stress ball
Think about happy memories	Write in a journal	Take a walk	Take a time out	Play cards
Watch a movie	get a drink	Talk to a friend	Arts and Crafts	Drawing