

coping skills

punch a pillow	Arts and Crafts	Help a friend	Visit your family	Take a walk
Excerise	finger breathing	Think about happy memories	Count to 10	Write in a journal
square breathing	Dance	FREE	Talk to staff	Play cards
Drawing	Read	Watch TV	Take a time out	Think about loved ones
Watch a movie	Painting	Listen to music	Talk to a friend	Deep breathing

coping skills

Talk to staff	Take a walk	Dance	Write in a journal	Deep breathing
Watch TV	Play cards	Read	finger breathing	Count to 10
square breathing	Visit your family	FREE	Talk to a friend	Excerise
Help a friend	Think about happy memories	Watch a movie	Drawing	Think about loved ones
Arts and Crafts	punch a pillow	take a walk	Go outside	Listen to music

coping skills

Talk to staff	Excerise	Think about loved ones	Go outside	Count to 10
Arts and Crafts	take a walk	Help a friend	square breathing	Drawing
finger breathing	Watch a movie	FREE	Take a time out	Visit your family
Deep breathing	Talk to a friend	Read	Play cards	Dance
Write in a journal	Take a walk	Listen to music	Think about happy memories	punch a pillow