Coping Skills

Watch a movie	Arts and Crafts	Go outside	Talk to staff	Sewing
Deep breathing	Watch TV	Take a walk	Cooking	Visit your family
Write in a journal	Count to 10	**FREE**	Painting	Play cards
Think about loved ones	Read	Talk to a friend	Help a friend	Take a time out
Dance	Think about happy memories	Drawing	Yoga	Excerise

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Coping Skills

Write in a journal	Yoga	Cooking	Read	Deep breathing
Talk to staff	Play cards	Go outside	Take a time out	Count to 10
Painting	Arts and Crafts	**FREE**	Help a friend	Talk to a friend
Excerise	Watch a movie	Drawing	Think about loved ones	Dance
Sewing	Listen to music	Visit your family	Take a walk	Watch TV

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Coping Skills

Think about loved ones	Help a friend	Write in a journal	Excerise	Talk to staff
Think about happy memories	Visit your family	Yoga	Read	Count to 10
Talk to a friend	Cooking	**FREE**	Painting	Go outside
Listen to music	Sewing	Dance	Arts and Crafts	Watch a movie
Watch TV	Take a walk	Play cards	Take a time out	Drawing

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