

Coping Skills

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

Coping Skills

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

Coping Skills

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