

Coping Skills

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

Coping Skills

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