

COPING SKILLS

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

COPING SKILLS

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

COPING SKILLS

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