

Coping Skills

sing/play an instrument	Arts and Crafts	Listen to music	Watch a movie	Take a walk
Go outside	play with pets	Think about loved ones	Count to 10	Watch TV
play a game	Dance	FREE	Talk to staff	Read
Take a shower/bath	Write in a journal	Take a time out	Visit your family	paint your nails
Play cards	Painting	Talk to a friend	Deep breathing	Drawing

Coping Skills

Talk to staff	Take a walk	Dance	play a game	Deep breathing
Watch a movie	Read	Take a shower/bath	play with pets	Count to 10
start a new hobby	Talk to a friend	FREE	Go outside	Listen to music
Visit your family	Watch TV	Think about loved ones	Write in a journal	Drawing
Arts and Crafts	sing/play an instrument	take a walk	Leisure activities	Painting

Coping Skills

Talk to staff	Go outside	Visit your family	Leisure activities	Count to 10
Arts and Crafts	take a walk	start a new hobby	Drawing	play with pets
Help a friend	Write in a journal	FREE	Take a time out	Watch TV
Talk to a friend	Take a shower/bath	Read	Dance	paint your nails
Deep breathing	play a game	Take a walk	Listen to music	Think about loved ones