

# COPING SKILLS

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

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

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