

COPING SKILLS

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

COPING SKILLS

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

COPING SKILLS

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