

COPING SKILLS

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

COPING SKILLS

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