

STRESSORS

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

STRESSORS

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

STRESSORS

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