

Member Services

Watch TV	Arts and Crafts	Go outside	Talk to Mom or Dad	Smile
Drawing	Think about loved ones	Stress balls	Count to 10	Take space
Think about happy memories	Watch a movie	FREE SPACE!	Dance	Listen to music
Painting	Talk to a friend	Play cards	Laugh	Start a garden
Help a friend	Deep breathing	Take a walk	Write in a journal	Exercise

Member Services

Watch a movie	Count to 10	Talk to Mom or Dad	Drawing	Stress balls
Go outside	Write in a journal	Smile	Deep breathing	Take space
Painting	Dance	FREE SPACE!	Listen to music	Arts and Crafts
Laugh	Take a walk	Watch TV	Exercise	Talk to a friend
Play cards	Start a garden	Think about happy memories	Think about loved ones	Help a friend

Member Services

Deep breathing	Take a walk	Count to 10	Start a garden	Dance
Watch TV	Painting	Play cards	Think about loved ones	Smile
Think about happy memories	Exercise	FREE SPACE!	Talk to a friend	Laugh
Watch a movie	Take space	Talk to Mom or Dad	Write in a journal	Go outside
Listen to music	Arts and Crafts	Stress balls	Drawing	Help a friend