

Techniques

Watch TV	Arts and Crafts	Drawing	Talk to a friend	Play cards
Deep breathing	Think about loved ones	Sewing	Cooking	Take a walk
Think about happy memories	Watch a movie	FREE	Count to 10	Help a friend
Listen to music	Talk to staff	Painting	Go outside	Read
Exercise	Dance	Take a time out	Write in a journal	Do some exercise

Techniques

Watch a movie	Cooking	Talk to a friend	Deep breathing	Sewing
Drawing	Write in a journal	Play cards	Dance	Take a walk
Listen to music	Count to 10	FREE	Help a friend	Arts and Crafts
Go outside	Take a time out	Watch TV	Do some exercise	Talk to staff
Painting	Read	Think about happy memories	Think about loved ones	Exercise

Techniques

Dance	Take a time out	Cooking	Read	Count to 10
Watch TV	Listen to music	Painting	Think about loved ones	Play cards
Think about happy memories	Do some exercise	FREE	Talk to staff	Go outside
Watch a movie	Take a walk	Talk to a friend	Write in a journal	Drawing
Help a friend	Arts and Crafts	Sewing	Deep breathing	Excerise