

Techniques

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

Techniques

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

Techniques

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