Coping Skills

Watch TV	Clean	Aromatherapy	Go Outside	Take a nap
Puzzle	Deep Breathing	Think about happy memories	Sing Go shopping	Talk to staff
Cook	Paint	**FREE**	Dance	Play cards
Take a walk	Play sports	Take a hot shower	Talk to a friend	Let yourself cry
Ice cream	Read	Count to 10	Sing	Color

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Coping Skills

Talk to staff	Count to 10	Take a time out	Paint	Cook
Play cards	Think about happy memories	Clean	Watch TV	Sing Go shopping
Take a nap	Read	**FREE**	Color	Sing
Deep Breathing	Go Outside	Stretch	Write in a journal	Take a walk
Dance	Take a hot shower	Aromatherapy	Puzzle	Think about loved ones

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Coping Skills

Count to 10	listen to music	Write in a journal	Deep Breathing	Color
Take a time out	Sing Go shopping	Exercise	Clean	Watch TV
Puzzle	Dance	**FREE**	Take a nap	Play cards
Go Outside	Sing	Paint	Ice cream	Take a hot shower
Think about loved ones	Draw	Take a walk	Play sports	Aromatherapy

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