

Coping Skills

Think about loved ones	Clean	Aromatherapy	Go Outside	Take a hot shower
Play cards	Deep Breathing	Talk to staff	Read	Talk to a friend
Cook	Listen to music	FREE	Dance	Meditate
Take a time out	Paint	Stretch	Take a walk	Ice cream
Go shopping	Play sports	Count to 10	Puzzle	Color

Coping Skills

Talk to a friend	Count to 10	Take a nap	Listen to music	Cook
Meditate	Talk to staff	Clean	Think about loved ones	Read
Take a hot shower	Play sports	FREE	Color	Puzzle
Deep Breathing	Go Outside	Sing	Watch TV	Take a time out
Dance	Stretch	Aromatherapy	Play cards	Think about happy memories

Coping Skills

Count to 10	Write in a journal	Watch TV	Deep Breathing	Color
Take a nap	Read	Exercise	Clean	Think about loved ones
Play cards	Dance	FREE	Take a hot shower	Meditate
Go Outside	Puzzle	Listen to music	Go shopping	Stretch
Think about happy memories	Draw	Take a time out	Paint	Aromatherapy