

Techniques

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

Techniques

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

Techniques

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