

coping skills

Visit your family	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 TV	FREE	Count to 10	Help a friend
Listen to music	Talk to staff	Painting	Go outside	Read
Excerise	Dance	Take a time out	Watch a movie	Do yoga

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Watch TV	Cooking	Talk to a friend	Deep breathing	Sewing
Drawing	Watch a movie	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	Visit your family	Do yoga	Talk to staff
Painting	Read	Think about happy memories	Think about loved ones	Exercise

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