

Techniques

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

Techniques

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

Techniques

Dance	Take a walk	Cooking	Read	Count to 10
Watch TV	Painting	Play a game	Visit your family	Play cards
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