

Techniques

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

Techniques

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

Techniques

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