

STRESSORS

Watch a movie	"I'll never use again"	Go outside	Think about happy memories	Sewing
Drawing	Watch TV	Take a walk	Concern about well-being	Talk to staff
Visit your family	Worry about Self	FREE	Deep breathing	Painting
Play cards	Think about loved ones	Read	Listen to music	Take a time out
Help a friend	Denial of the Concern	Talk to a friend	Write in a journal	Exercise

STRESSORS

Worry about Self	Concern about well-being	Think about happy memories	Drawing	Take a walk
Go outside	Write in a journal	Sewing	Denial of the Concern	Talk to staff
Play cards	Deep breathing	FREE	Painting	"I'll never use again"
Listen to music	Talk to a friend	Watch a movie	Excerise	Think about loved ones
Read	Take a time out	Visit your family	Watch TV	Help a friend

STRESSORS

Denial of the Concern	Talk to a friend	Concern about well-being	Take a time out	Deep breathing
Watch a movie	Play cards	Read	Watch TV	Sewing
Visit your family	Exercise	FREE	Think about loved ones	Listen to music
Worry about Self	Talk to staff	Think about happy memories	Write in a journal	Go outside
Painting	"I'll never use again"	Take a walk	Drawing	Help a friend