

Coping Skills

Watch a movie	Deep breathing	Learn something new	Think before you act!	Stress balls
Help a friend appropriately	Watch TV	Take a shower	Do a chore around the house	Think about happy memories
Use your safety plan	Write in a journal	FREE SPACE!	Drawing or Coloring	Muscle Relaxation
Play cards	Use STOPP skill	Shake glitter bottle and watch it settle	Look at a magazine	THINK: What are the consequences of my behavior?
Listen to music	Exercise	Talk to staff	YOU USED YOUR COPING SKILLS! TAKE THIS SPACE	Keep your goals in mind

Coping Skills

Write in a journal	Do a chore around the house	Think before you act!	Help a friend appropriately	Take a shower
Learn something new	YOU USED YOUR COPING SKILLS! TAKE THIS SPACE	Stress balls	Exercise	Think about happy memories
Play cards	Drawing or Coloring	FREE SPACE!	Muscle Relaxation	Deep breathing
Look at a magazine	Talk to staff	Watch a movie	Keep your goals in mind	Use STOPP skill
Shake glitter bottle and watch it settle	THINK: What are the consequences of my behavior?	Use your safety plan	Watch TV	Listen to music

Coping Skills

Exercise	Talk to staff	Do a chore around the house	THINK: What are the consequences of my behavior?	Drawing or Coloring
Watch a movie	Play cards	Shake glitter bottle and watch it settle	Watch TV	Stress balls
Use your safety plan	Keep your goals in mind	FREE SPACE!	Use STOPP skill	Look at a magazine
Write in a journal	Think about happy memories	Think before you act!	YOU USED YOUR COPING SKILLS! TAKE THIS SPACE	Learn something new
Muscle Relaxation	Deep breathing	Take a shower	Help a friend appropriately	Listen to music