

Positive Techniques

Visit your family	Arts and Crafts	Go outside	Talk to a friend	Read
Drawing	Think about loved ones	Sewing	Cooking	Take a walk
Think about happy memories	Watch a movie	FREE	Dance	Listen to music
Painting	Talk to staff	Play cards	Hit a pillow	Say your ABC's backwards
Help a friend	Deep breathing	Take a time out	Write in a journal	Exercise

Positive Techniques

Watch a movie	Cooking	Talk to a friend	Drawing	Sewing
Go outside	Write in a journal	Read	Deep breathing	Take a walk
Painting	Dance	FREE	Listen to music	Arts and Crafts
Hit a pillow	Take a time out	Visit your family	Exercise	Talk to staff
Play cards	Say your ABC's backwards	Think about happy memories	Think about loved ones	Help a friend

Positive Techniques

Deep breathing	Take a time out	Cooking	Say your ABC's backwards	Dance
Visit your family	Painting	Play cards	Think about loved ones	Read
Think about happy memories	Exercise	FREE	Talk to staff	Hit a pillow
Watch a movie	Take a walk	Talk to a friend	Write in a journal	Go outside
Listen to music	Arts and Crafts	Sewing	Drawing	Help a friend