

Techniques

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

Techniques

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

Techniques

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