

Techniques

Watch TV	Arts and Crafts	Go outside	Take a nap	Play an instrument
Drawing	Visit your family	Pray	Cooking	Sewing
Talk to a friend	Watch a movie	FREE	Dance	Listen to music
Painting	Take a walk	Play BINGO	Go swimming	Play cards
Go shopping	Deep breathing	Read	Write in a journal	Exercise

Techniques

Watch a movie	Cooking	Take a nap	Drawing	Pray
Go outside	Write in a journal	Play an instrument	Deep breathing	Sewing
Painting	Dance	FREE	Listen to music	Arts and Crafts
Go swimming	Read	Watch TV	Exercise	Take a walk
Play BINGO	Play cards	Talk to a friend	Visit your family	Go shopping

Techniques

Deep breathing	Read	Cooking	Play cards	Dance
Watch TV	Painting	Play BINGO	Visit your family	Play an instrument
Talk to a friend	Excerise	FREE	Take a walk	Go swimming
Watch a movie	Sewing	Take a nap	Write in a journal	Go outside
Listen to music	Arts and Crafts	Pray	Drawing	Go shopping