

Techniques

Watch a movie	Arts and Crafts	Listen to music	Think of the Consequences	Take a walk
Go outside	Watch TV	Talk to staff	Count to 10	Think about loved ones
Visualization	Write in a journal	FREE	Deep breathing	Read
Take a time out	Visit your family	Take a timeout	Play cards	Talk to a friend
Meditation	Exercise	Think about happy memories	cooking	Help a friend

Techniques

Write in a journal	Count to 10	Think of the Consequences	Go outside	Talk to staff
Listen to music	cooking	Take a walk	Excerise	Think about loved ones
Take a time out	Deep breathing	FREE	Read	Arts and Crafts
Play cards	Think about happy memories	Watch a movie	Help a friend	Visit your family
Take a timeout	Talk to a friend	Visualization	Watch TV	Meditation

Techniques

Excerise	Think about happy memories	Count to 10	Talk to a friend	Deep breathing
Watch a movie	Take a time out	Take a timeout	Watch TV	Take a walk
Visualization	Help a friend	FREE	Visit your family	Play cards
Write in a journal	Think about loved ones	Think of the Consequences	cooking	Listen to music
Read	Arts and Crafts	Talk to staff	Go outside	Meditation