

|                            |                   |                              |                    |                    |
|----------------------------|-------------------|------------------------------|--------------------|--------------------|
| <b>B</b>                   | <b>I</b>          | <b>N</b>                     | <b>G</b>           | <b>O</b>           |
| Watch TV                   | Count backwards   | Listen to music              | Talk to a friend   | Ride bike          |
| Exercise                   | Visit your family | Take a time out              | Dance              | Take a walk        |
| Think about happy memories | Watch a movie     | <b>FREE</b>                  | Deep breathing     | Play cards         |
| Play outside               | Talk to staff     | Read                         | Painting           | Take a cold shower |
| Muscle relaxation          | Drawing           | Take a vacation in your mind | Write in a journal | Go outside         |

|                 |                              |                            |                   |                   |
|-----------------|------------------------------|----------------------------|-------------------|-------------------|
| <b>B</b>        | <b>I</b>                     | <b>N</b>                   | <b>G</b>          | <b>O</b>          |
| Watch a movie   | Dance                        | Talk to a friend           | Exercise          | Take a time out   |
| Listen to music | Write in a journal           | Ride bike                  | Drawing           | Take a walk       |
| Play outside    | Deep breathing               | <b>FREE</b>                | Play cards        | Count backwards   |
| Painting        | Take a vacation in your mind | Watch TV                   | Go outside        | Talk to staff     |
| Read            | Take a cold shower           | Think about happy memories | Visit your family | Muscle relaxation |

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| Drawing                    | Take a vacation in your mind | Dance            | Take a cold shower | Deep breathing    |
| Watch TV                   | Play outside                 | Read             | Visit your family  | Ride bike         |
| Think about happy memories | Go outside                   | <b>FREE</b>      | Talk to staff      | Painting          |
| Watch a movie              | Take a walk                  | Talk to a friend | Write in a journal | Listen to music   |
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