

Coping Skills

Write in a journal	Arts and Crafts	Drawing	Think about happy memories	Read
Deep breathing	Watch a movie	Take a walk	Cooking	Talk to staff
Watch TV	drawing	FREE	Count to 10	Help a friend
Listen to music	Think about loved ones	Play cards	Go outside	Take a break
Excerise	Dance	Talk to a friend	get a drink	Deep breathing

Coping Skills

drawing	Cooking	Think about happy memories	Deep breathing	Take a walk
Drawing	get a drink	Read	Dance	Talk to staff
Listen to music	Count to 10	FREE	Help a friend	Arts and Crafts
Go outside	Talk to a friend	Write in a journal	Deep breathing	Think about loved ones
Play cards	Take a break	Watch TV	Watch a movie	Excerise

Coping Skills

Dance	Talk to a friend	Cooking	Take a break	Count to 10
Write in a journal	Listen to music	Play cards	Watch a movie	Read
Watch TV	Deep breathing	FREE	Think about loved ones	Go outside
drawing	Talk to staff	Think about happy memories	get a drink	Drawing
Help a friend	Arts and Crafts	Take a walk	Deep breathing	Excerise