

Techniques

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

Techniques

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

Techniques

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