

STRESSORS

Watch TV	Arts and Crafts	Go outside	Think about happy memories	Sewing
Drawing	Watch Scary Movie	Take a walk	Count to 10	Talk to staff
Visit your family	Watch a movie	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	Write in a journal	Excerise

STRESSORS

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

STRESSORS

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