

|                       |                   |                     |                                 |                                     |
|-----------------------|-------------------|---------------------|---------------------------------|-------------------------------------|
| <b>C</b>              | <b>O</b>          | <b>P</b>            | <b>E</b>                        | <b>!</b>                            |
| cooking               | Count<br>10 10    | Journal             | Think<br>about<br>loved<br>ones | Sewing                              |
| Go<br>Outside         | call<br>family    | Talk to<br>Staff    | Dance                           | Think<br>about<br>happy<br>memories |
| Watch a<br>Movie      | deep<br>breathing | <b>FREE</b>         | Draw                            | Play<br>cards                       |
| Positive<br>Self Talk | Watch<br>TV       | Read                | Paint                           | Take<br>time out                    |
| Listen to<br>music    | Exercise          | Talk to a<br>friend | visit<br>family                 | Help a<br>friend                    |

|                    |                  |                        |               |                            |
|--------------------|------------------|------------------------|---------------|----------------------------|
| <b>C</b>           | <b>O</b>         | <b>P</b>               | <b>E</b>      | <b>!</b>                   |
| deep breathing     | Dance            | Think about loved ones | Go Outside    | Talk to Staff              |
| Journal            | visit family     | Sewing                 | Exercise      | Think about happy memories |
| Positive Self Talk | Draw             | <b>FREE</b>            | Play cards    | Count 10 10                |
| Paint              | Talk to a friend | cooking                | Help a friend | Watch TV                   |
| Read               | Take time out    | Watch a Movie          | call family   | Listen to music            |

|                |                            |                        |               |                 |
|----------------|----------------------------|------------------------|---------------|-----------------|
| <b>C</b>       | <b>O</b>                   | <b>P</b>               | <b>E</b>      | <b>!</b>        |
| Exercise       | Talk to a friend           | Dance                  | Take time out | Draw            |
| cooking        | Positive Self Talk         | Read                   | call family   | Sewing          |
| Watch a Movie  | Help a friend              | <b>FREE</b>            | Watch TV      | Paint           |
| deep breathing | Think about happy memories | Think about loved ones | visit family  | Journal         |
| Play cards     | Count 10 10                | Talk to Staff          | Go Outside    | Listen to music |