

Techniques

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

Techniques

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

Techniques

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