

Techniques

Watch TV	Arts and Crafts	Go outside	Talk to a friend	Play cards
Drawing	Visit your family	Sewing	Cooking	Take a walk
Think about loved ones	Count to 10	FREE	Read	Listen to music
Mindfulness	Talk to staff	Painting	Take a time out	Think about happy memories
Informal Time Out	Help a friend	Progressive Muscle Relaxation	Dance	Deep breathing

Techniques

Read	Play cards	Count to 10	Think about loved ones	Dance
Talk to a friend	Listen to music	Mindfulness	Visit your family	Cooking
Watch a movie	Progressive Muscle Relaxation	FREE	Drawing	Go outside
Take a time out	Take a walk	Sewing	Talk to staff	Deep breathing
Arts and Crafts	Watch TV	Write in a journal	Formal Time Out	Help a friend

Techniques

Read	Drawing	Take a time out	Formal Time Out	Cooking
Arts and Crafts	Write in a journal	Watch a movie	Deep breathing	Visit your family
Excerise	Talk to staff	FREE	Painting	Take a walk
Progressive Muscle Relaxation	Mindfulness	Listen to music	Count to 10	Think about happy memories
Dance	Think about loved ones	Play cards	Go outside	Sewing