Coping Skills

play with pets	Dance	Take a shower/bath	Write	Think about loved ones
Read	play a game	Watch TV	Do Art	Watch a show or movie
paint your nails	start a new hobby	**FREE**	Exercise	Talk to a friend
Read	Talk to someone	Write in a journal	Talk to staff	exercise
Take a walk	Visit your family	Take a time out	Listen to music	Watch a movie

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Coping Skills

start a new hobby	Write in a journal	Watch a show or movie	Watch a movie	exercise
Exercise	Read	Think about loved ones	Read	Visit your family
Do Art	Take a walk	**FREE**	Dance	Talk to staff
play with pets	Listen to music	take a walk	Write	Watch TV
Take a shower/bath	Talk to a friend	Talk to someone	Take a walk	play a game

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Coping Skills

Read	exercise	Talk to someone	Write	Dance
start a new hobby	Watch a show or movie	Take a shower/bath	Read	Visit your family
Talk to a friend	Take a walk	**FREE**	Exercise	Do Art
Listen to music	paint your nails	Think about loved ones	Take a time out	Watch a movie
play a game	play with pets	Talk to staff	Take a walk	Spend time in nature

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