Techniques

Watch TV	Color	Excerise	Think about happy memories	Play with a pet
Deep breathing	Visit your family	Take a time out	Cook	Talk to a friend
Use positive self-talk	Watch a funny movie	**FREE**	Count to 10	Listen to music
Paint	Think about loved ones	Play cards	Help a friend	Read
Go outside	Dance	Take a walk	Write in a journal	Draw

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Techniques

Watch a funny movie	Cook	Think about happy memories	Deep breathing	Take a time out
Excerise	Write in a journal	Play with a pet	Dance	Talk to a friend
Paint	Count to 10	**FREE**	Listen to music	Color
Help a friend	Take a walk	Watch TV	Draw	Think about loved ones
Play cards	Read	Use positive self-talk	Visit your family	Go outside

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Techniques

Dance	Take a walk	Cook	Read	Count to 10
Watch TV	Paint	Play cards	Visit your family	Play with a pet
Use positive self-talk	Draw	**FREE**	Think about loved ones	Help a friend
Watch a funny movie	Talk to a friend	Think about happy memories	Write in a journal	Excerise
Listen to music	Color	Take a time out	Deep breathing	Go outside

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