

Coping Skills

play with pets	Arts and Crafts	Listen to music	Watch a movie	Talk to a friend
Help a friend	play a game	Think about loved ones	Count to 10	Watch TV
paint your nails	start a new hobby	FREE	Dance	Take a shower/bath
Go outside	Take a time out	Write in a journal	Take a walk	exercise
Play cards	Talk to staff	Painting	Drawing	Visit your family

Coping Skills

start a new hobby	Write in a journal	Watch TV	Visit your family	exercise
Dance	Go outside	Talk to a friend	Help a friend	Talk to staff
Count to 10	Read	FREE	Arts and Crafts	Take a walk
play with pets	Drawing	take a walk	Watch a movie	Think about loved ones
Listen to music	Take a shower/bath	Take a time out	Play cards	play a game

Coping Skills

Help a friend	exercise	Take a time out	Watch a movie	Arts and Crafts
start a new hobby	Watch TV	Listen to music	Go outside	Talk to staff
Take a shower/bath	Read	FREE	Dance	Count to 10
Drawing	paint your nails	Talk to a friend	Painting	Visit your family
play a game	play with pets	Take a walk	Play cards	Leisure activities