

Techniques

Watch TV	Check your thoughts	Jumping Jacks	Talk to staff	Read
Drawing	Think of a solution	Take a time out	Count to 10	Talk to a friend
Think about loved ones	Watch a movie	FREE	Dance	Pace breathing
Painting	Think about happy memories	Play cards	Mountain climbers	Sit-ups
Listen to music	Deep breathing	Take a walk	Write in a journal	Identify the problem

Techniques

Watch a movie	Count to 10	Talk to staff	Drawing	Take a time out
Jumping Jacks	Write in a journal	Read	Deep breathing	Talk to a friend
Painting	Dance	FREE	Pace breathing	Check your thoughts
Mountain climbers	Take a walk	Watch TV	Identify the problem	Think about happy memories
Play cards	Sit-ups	Think about loved ones	Think of a solution	Listen to music

Techniques

Deep breathing	Take a walk	Count to 10	Sit-ups	Dance
Watch TV	Painting	Play cards	Think of a solution	Read
Think about loved ones	Identify the problem	FREE	Think about happy memories	Mountain climbers
Watch a movie	Talk to a friend	Talk to staff	Write in a journal	Jumping Jacks
Pace breathing	Check your thoughts	Take a time out	Drawing	Listen to music