

Techniques

Write in a journal	Arts and Crafts	Go outside	Talk to staff	Rearrange a room
Drawing	Watch TV	Take a time out	Cooking	Visualize loved ones
Count to 10	Painting	FREE	Play cards	Visualize happy memories
Read	Talk to a friend	Know your triggers	Sing	Help a friend
Dance	Deep breathing 3-5 technique	Squeeze a stress ball	Exercise	Take a walk

Techniques

acknowledge your emotions	Visit your family	Talk to a friend	Take a time out	Visualize happy memories
Dance	Deep breathing 3-5 technique	Take a walk	Sing	Drawing
Squeeze a stress ball	Cooking	FREE	Painting	Arts and Crafts
Rearrange a room	Write in a journal	scream into a pillow	Exercise	Count to 10
Talk to staff	Go for a car ride	Play cards	Go outside	Know your triggers

Techniques

Squeeze a stress ball	Drawing	Talk to a friend	Take a walk	Go for a car ride
Cooking	scream into a pillow	Go outside	acknowledge your emotions	Watch a movie
Exercise	Visualize happy memories	FREE	Read	Talk to staff
Arts and Crafts	Deep breathing 3-5 technique	Sing	Play cards	Listen to music
Write in a journal	Count to 10	Visualize loved ones	Dance	Watch TV