

Techniques

Watch TV	Arts and Crafts	Exercise	Talk to a friend	Play cards
Deep breathing	Think about loved ones	Run	Call your family	Take a walk
Think about happy memories	Watch a movie	FREE	Cooking	Listen to music
Painting	Talk to staff	Play basketball	Help a friend	Read
Go outside	Count to 10	Take a time out	Write in a journal	Drawing

Techniques

Watch a movie	Call your family	Talk to a friend	Deep breathing	Run
Exercise	Write in a journal	Play cards	Count to 10	Take a walk
Painting	Cooking	FREE	Listen to music	Arts and Crafts
Help a friend	Take a time out	Watch TV	Drawing	Talk to staff
Play basketball	Read	Think about happy memories	Think about loved ones	Go outside

Techniques

Count to 10	Take a time out	Call your family	Read	Cooking
Watch TV	Painting	Play basketball	Think about loved ones	Play cards
Think about happy memories	Drawing	FREE	Talk to staff	Help a friend
Watch a movie	Take a walk	Talk to a friend	Write in a journal	Exercise
Listen to music	Arts and Crafts	Run	Deep breathing	Go outside