

Techniques

Watch TV	Catch check change	Exercise	Talk to staff	Pray
Deep breathing	Visit your family	Take a time out	Cooking	Talk to a friend
Think about loved ones	Watch a movie	FREE	Count to 10	Listen to music
Painting	Think about happy memories	Play cards	Help a friend	Read
Go outside	Dance	Take a walk	Write in a journal	Drawing

Techniques

Watch a movie	Cooking	Talk to staff	Deep breathing	Take a time out
Exercise	Write in a journal	Pray	Dance	Talk to a friend
Painting	Count to 10	FREE	Listen to music	Catch check change
Help a friend	Take a walk	Watch TV	Drawing	Think about happy memories
Play cards	Read	Think about loved ones	Visit your family	Go outside

Techniques

Dance	Take a walk	Cooking	Read	Count to 10
Watch TV	Painting	Play cards	Visit your family	Pray
Think about loved ones	Drawing	FREE	Think about happy memories	Help a friend
Watch a movie	Talk to a friend	Talk to staff	Write in a journal	Exercise
Listen to music	Catch check change	Take a time out	Deep breathing	Go outside