

Techniques

Walk away	"I" statements	Grounding techniques	Talk to staff	Read
Excerise	Think about the consequence	Take a time out	Count to 10	Talk to a friend
Think about happy memories	Watch TV	FREE	Deep breathing	Muscle tighten/ loosen
Painting	Talk to your family	Play cards	Listen to understand	Take a step back
Listen to music	Empathy	Take a walk	Write in a journal	Go outside

Techniques

Watch TV	Count to 10	Talk to staff	Exercise	Take a time out
Grounding techniques	Write in a journal	Read	Empathy	Talk to a friend
Painting	Deep breathing	FREE	Muscle tighten/loosen	"I" statements
Listen to understand	Take a walk	Walk away	Go outside	Talk to your family
Play cards	Take a step back	Think about happy memories	Think about the consequence	Listen to music

Techniques

Empathy	Take a walk	Count to 10	Take a step back	Deep breathing
Walk away	Painting	Play cards	Think about the consequence	Read
Think about happy memories	Go outside	FREE	Talk to your family	Listen to understand
Watch TV	Talk to a friend	Talk to staff	Write in a journal	Grounding techniques
Muscle tighten/loosen	"I" statements	Take a time out	Exercise	Listen to music