S	O	B	E	R
Watch TV	Arts and Crafts	Exercise	Talk to staff	Read
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	Sewing
Grounding	Dance	Take a walk	Write in a journal	Drawing

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S	O	B	E	R
Watch a movie	Cooking	Talk to staff	Deep Breathing	Take a time out
Exercise	Write in a journal	Read	Dance	Talk to a friend
Painting	Count to 10	**FREE**	Listen to music	Arts and Crafts
Help a friend	Take a walk	Watch TV	Drawing	Think about happy memories
Play cards	Sewing	Think about loved ones	Visit your family	Grounding

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S	O	B	E	R
Dance	Take a walk	Cooking	Sewing	Count to 10
Watch TV	Painting	Play cards	Visit your family	Read
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	Arts and Crafts	Take a time out	Deep Breathing	Grounding

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