

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

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

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