

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

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

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