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

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

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

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