

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

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