

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

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

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