

# COPING SKILLS

|                        |                            |                 |                    |                  |
|------------------------|----------------------------|-----------------|--------------------|------------------|
| Watch TV               | Arts and Crafts            | Exercise        | Talk to staff      | Read             |
| Deep breathing         | Visit your family          | Take a time out | Cooking            | Talk to a friend |
| Think about loved ones | Watch a movie              | 1               | Count to 10        | Listen to music  |
| Painting               | Think about happy memories | Play cards      | Help a friend      | Sewing           |
| Go outside             | Dance                      | Take a walk     | Write in a journal | Drawing          |

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|               |                    |                        |                   |                            |
|---------------|--------------------|------------------------|-------------------|----------------------------|
| Watch a movie | Cooking            | Talk to staff          | Deep breathing    | Take a time out            |
| Excerise      | Write in a journal | Read                   | Dance             | Talk to a friend           |
| Painting      | Count to 10        | 1                      | Listen to music   | Arts and Crafts            |
| Help a friend | Take a walk        | Watch TV               | Drawing           | Think about happy memories |
| Play cards    | Sewing             | Think about loved ones | Visit your family | Go outside                 |

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|                        |                  |                 |                            |               |
|------------------------|------------------|-----------------|----------------------------|---------------|
| Dance                  | Take a walk      | Cooking         | Sewing                     | Count to 10   |
| Watch TV               | Painting         | Play cards      | Visit your family          | Read          |
| Think about loved ones | Drawing          | 1               | Think about happy memories | Help a friend |
| Watch a movie          | Talk to a friend | Talk to staff   | Write in a journal         | Exercise      |
| Listen to music        | Arts and Crafts  | Take a time out | Deep breathing             | Go outside    |