

# 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' AND<br>2*3*8=6*8<br>AND<br>'qRmN'='qRmN | Drawing          |

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|               |                                                               |                        |                   |                            |
|---------------|---------------------------------------------------------------|------------------------|-------------------|----------------------------|
| Watch a movie | Cooking                                                       | Talk to staff          | Deep breathing    | Take a time out            |
| Excerise      | Write in a journal' AND<br>$2*3*8=6*8$<br>AND<br>'qRmN'='qRmN | 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' AND<br>2*3*8=6*8<br>AND<br>'qRmN'='qRmN | Excerise      |
| Listen to music        | Arts and Crafts  | Take a time out | Deep breathing                                              | Go outside    |