

1"

Watch
TV

Arts and
Crafts

Excerise

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

1"

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