COPING SKILLS







WRITE DRAW **JOURNAL**











THE HOUSE

CLEAN READ



USE A BOOK



MUSIC

AROMATHERAPY



GAME

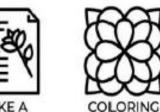






















ACCEPT A CHALLENGE



DRINK TEA



SQUEEZE A STRESS BALL



PLAY MUSICAL INSTRUMENT



ASK FOR HELP



PRACTICE DEEP/SLOW BREATHING



EAT HEALTHY FOOD



LIMIT CAFFEINE



SCHEDULE TIME FOR YOURSELF







A WALK



DOODLE ON PAPER



GO SEE MOVIE



EAT A LITTLE CHOCOLATE