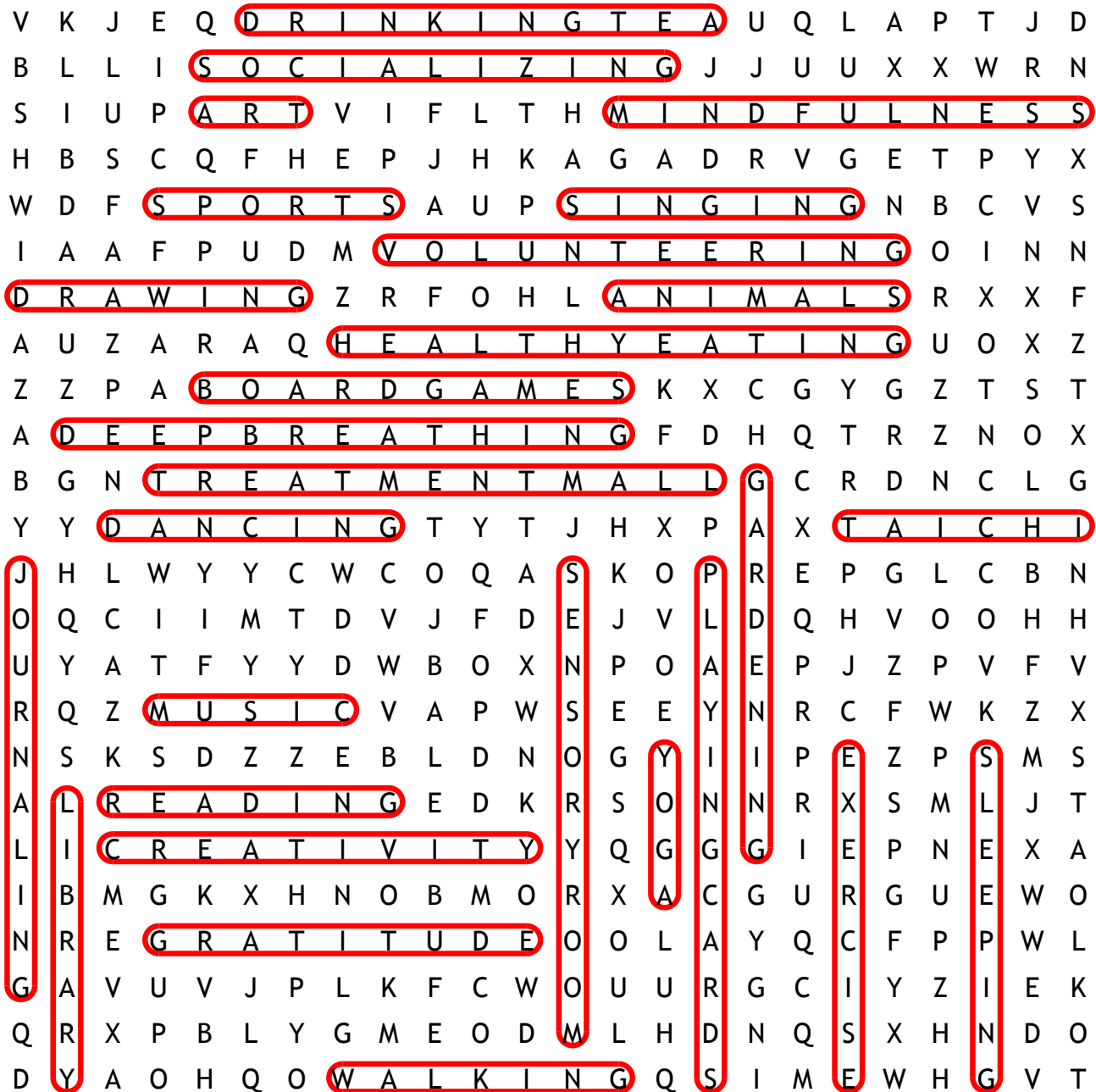


Name: _____

Date: _____

COPING SKILLS



treatment mall
volunteering
mindfulness
gardening
library
singing
sports

healthy eating
drinking tea
socializing
gratitude
animals
walking
music

deep breathing
sensory room
journaling
sleeping
dancing
drawing
yoga

playing cards
board games
creativity
Exercise
reading
taichi
art