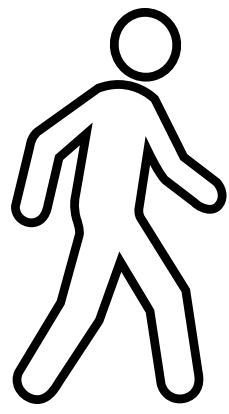


Coping Skills



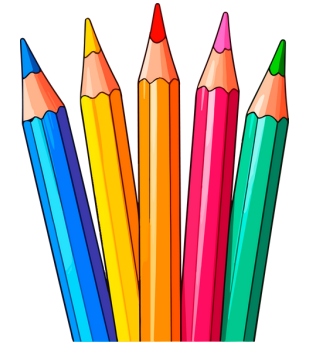
Shower/bath



Go for a walk



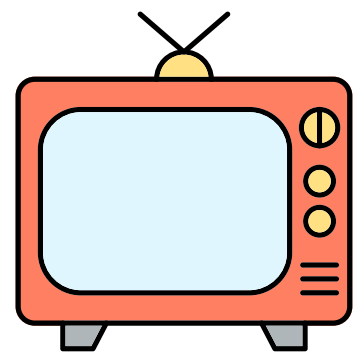
Draw



Colouring



Listen to music



Watch TV



Funny videos



Arts and crafts



Sports



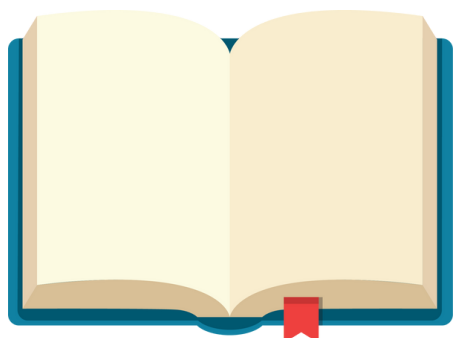
Spend time
with friends



Baking /cooking



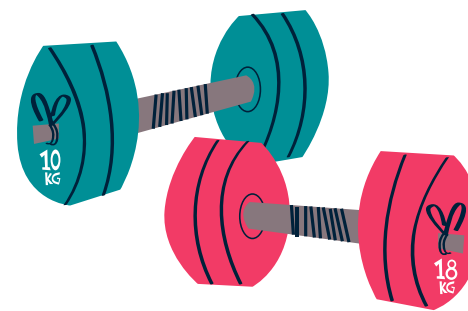
Cleaning



Read a book



Listen to an
audiobook



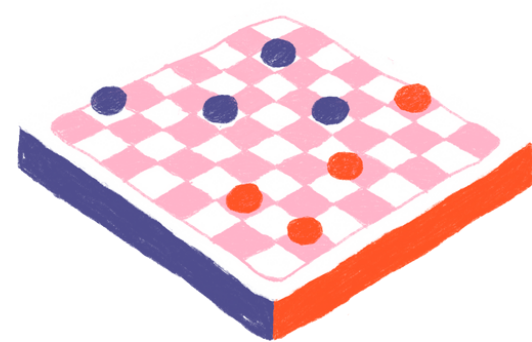
Do a workout



Do your makeup



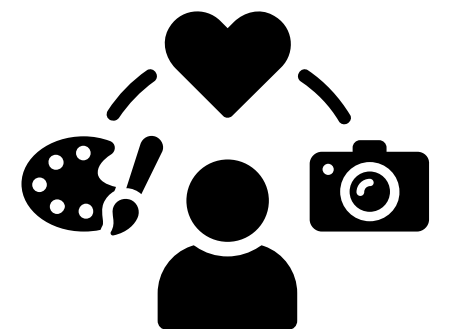
Gardening



Boardgames



Videogames



Try a new hobby



Self care



Organise things



Go people
watching



Shopping/
browsing



Use a fidget toy



Play an
instrument



Do a puzzle



Gratitude list