Suggested Techniques for Coping with Persistent Symptoms

**Auditory Hallucinations** (*voices, sounds, or idiosyncratic names)*
- Hum or sing
- Take a nap
- Tell the voices to go away
- Think “stop”
- Talk with friends
- Go to a movie
- Read a book, newspaper, or magazine
- Other ________________________

**Other Hallucinatory Experiences** (*visions*)
- Do your favorite hobby
- Lie down and relax
- Think “stop”
- Watch TV
- Read a book, newspaper, or magazine
- Other ________________________

**Delusions** (*Bad thoughts or feelings, unusual thoughts or beliefs, paranoia or suspiciousness*)
- Lie down and relax
- Talk with friends
- Do your favorite hobby
- Take a nap
- Read a book, newspaper, or magazine
- Other ________________________

**Depression** (*bad mood, sadness, or unhappiness*)
- Do physical exercise
- Do your favorite hobby
- Talk with friends
- Think “stop”
- Listen to the radio
- Watch TV
- Go to a movie
- Write a letter
- Read a book, newspaper, or magazine
- Other ________________________

**Anxiety** (*fear, nervousness, or extreme apprehension*)
- Take a nap
- Do your favorite hobby
- Do physical exercise
- Go to a movie
- Read a book, newspaper, or magazine
- Other ________________________