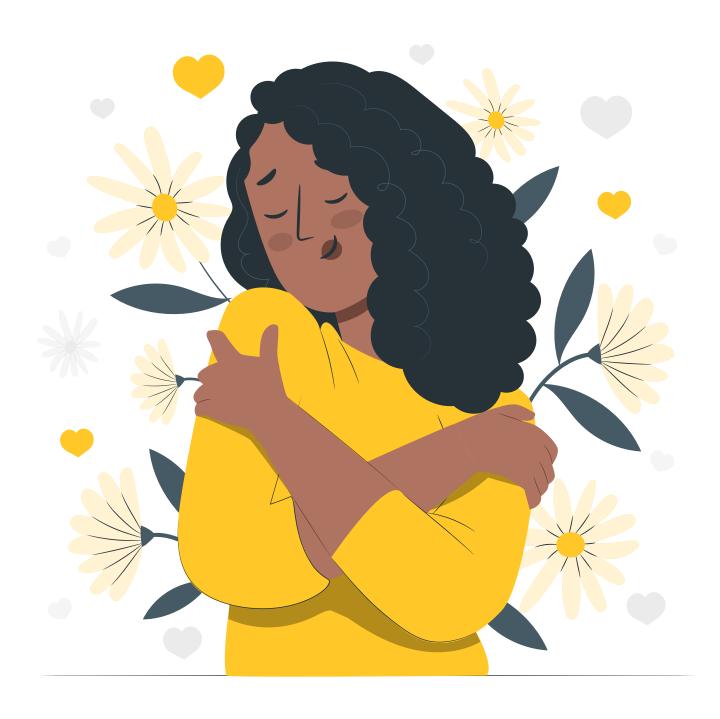
COPING TOOLS

WHAT HELPS ME AND OTHERS



COPING TOOLS WHAT HELPS ME AND OTHERS

- Take slow, mindful breaths
- Drink a warm cup of water
- Rest and take a break
- Stretch
- Journal or write a letter
- Listen to your favorite music
- Talk to someone you trust
- Give a hug /Get a hug
- Cuddle or play with your pet
- Use positive affirmations
- Use a stress ball
- Blow bubbles
- Make an artwork
- Hug or climb a tree
- Read a book or magazine
- Go to nature and feel it



