

COPING TOOLS

WHAT HELPS ME AND OTHERS



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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

Self Care

