



CALIFORNIA STUDENT  
MENTAL HEALTH WEEK

¡MIS ESTRATEGIAS  
DE AFRONTAMIENTO!

CUANDO ME SIENTO:

[Blank lined paper strip]

4 ESTRATEGIAS DE AFRONTAMIENTO  
QUE USO ME SIENTO MEJOR SON:

[Blank lined paper strip]

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[www.schoolcounselor-ca.org](http://www.schoolcounselor-ca.org)