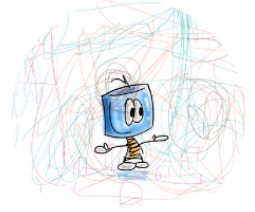


# Coping Skills



- ◆ squeeze a stress ball
- ◆ take 3 deep breaths
- ◆ yell into a pillow
- ◆ count to 10 or 20
- ◆ listen to music
- ◆ do 10 minutes of exercise (pushups, sit-ups, squats)
- ◆ read
- ◆ draw how you feel
- ◆ write down thoughts/feelings
- ◆ color
- ◆ fidget toy
- ◆ take a break
- ◆ drink cold water/ splash cold water on face

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## Remember:

- We don't want to keep emotions bottled up. We want to find SAFE and POSITIVE ways to let them out.
- Using coping skills will not take away your emotion!
- Coping skills help bring down our emotions (like a volume button on a remote).
- PRACTICE, PRACTICE, PRACTICE!
- Have 5 main coping skills-at least 2 you can use anywhere!
- ASK FOR HELP!