

Healthy Food



Listen Music to Music







Go on a

Walk, Run

Say Something

Kind to Myself



Talk About My Feelings





Read a Good

Book or (

Magazine'

















Drink

Enough









Create Origami or

Paper Airplanes



List at least 3 Things I Am Grateful For



COPING TOOLS







Build



Cry Cry (tears release stress hormones)

Massage My Neck, Arms 8 Shoulders



Remember ALL of My Feelings Are O.K.





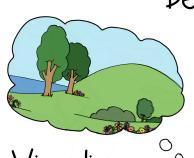


Hug

Take or Look at Photographs



Sew, Weave, Knit or Crochet



Visualize a Peaceful Place

Draw, Paint, Color, Craft, or Sculpt

(myself, someone else, or a stuffed animal)



Use a Stress Ball or Other Fidget



Exercise

Do Yoga

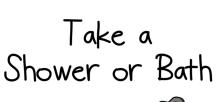


Cuddle & Play with My Pet

Focus on What I See, Hear, Feel, Smell & Taste









Remind Myself I Can Do Hard Things



Call or Text Family and Friends





