

HEALTHY COPING SKILLS



READ
A BOOK



LISTEN
TO MUSIC



PUZZLE



GO FOR
A WALK



ART AND
DRAWING



CLEAN



DEEP
BREATHING



ENJOY
NATURE



TAKE A
BREAK



GET ENOUGH
REST



GARDENING



SPEND TIME
WITH A PET



PRACICE
GRATITUDE



MEDITATION



SELF
AFFIRMATION



JOURNALING