

Coping Skills

What Helps You Get Through Hard Times?

- Calm down with deep breaths, counting, name your feelings
- Use positive self-talk, like “I can handle it”
- Look for the good
- Exercise / Move
- Talk it out
- Go outside
- Pet an animal
- Snuggle a stuffed animal or fuzzy blanket
- Draw, paint, create
- Write down your thoughts and feelings
- Spend time with your family
- Do something fun
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