



























MY COPING TOOLS

 ASK FOR HELP	 BREATHE DEEPLY AND SLOWLY	 COUNT FORWARDS OR BACKWARD SLOWLY	 DRINK COLD WATER
 EXERCISE	 FIND A SAFE AND CALM PLACE	 GO TO YOUR HAPPY PLACE	 HUG SOMEONE (FRIEND, FAMILY, TOY)
 IGNORE THE ANNOYERS	 JOKES TO HELP YOU LAUGH	 KIND HANDS - KEEP THEM TO YOURSELF	 LISTEN TO CALMING MUSIC
 MEDITATE	 NAME YOUR EMOTION	 OBSERVE AND USE MINDFULNESS	 PAINT YOUR FEELINGS
 QUESTION YOUR THOUGHTS	 RUN AS FAST AS YOU CAN	 SEPARATE YOURSELF FROM THE SITUATION	 THOUGHTS NEGATIVE TO POSITIVE
 USE YOUR IMAGINATION VISUALIZE	 VOICE YOUR CONCERNS	 WRITE YOUR FEELINGS DOWN	 EXHALE YOUR FEELINGS
	 YELL AS LOUD AS YOU CAN INTO A PILLOW	 ZONE OUT AND RELAX	