

STRESSED? HERE ARE SOME COPING TOOLS FOR YOU!

WHAT HELPS ME

- ☐ Take slow, mindful breaths
- ☐ Drink a glass of warm water
- ☐ Rest and take a break
- ☐ Stretch
- ☐ Journal or write a letter to your favorite person
- ☐ Listen to your favorite music
- ☐ Talk to someone you trust
- ☐ Get a hug
- ☐ Cuddle or play with your pet
- ☐ Use positive affirmations
- ☐ Use a stress ball
- ☐ Blow bubbles
- ☐ Make an artwork
- ☐ Make a snack for yourself
- ☐ Read a book or magazine
- ☐ Take a shower or bath

