

# 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

