

Coping Skills Toolbox

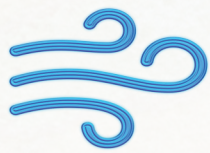
Practice Mindfulness



Go Outside



Yoga



Breathing Techniques

Arts & Crafts



Color, Draw, Paint

READ YOUR



FAVORITE BOOK



Journal your thoughts



Practice short meditations



Do a puzzle



Listen to music

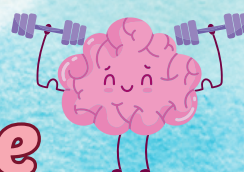
Sing a song



Body Scan



Do a physical activity/exercise



Call a Friend