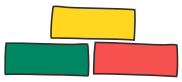
COPING SKILLS

A ASK FOR HELP



B BUILD SOMETHING



C COUNT BACKWARDS FROM 10



D DEEP BREATHING

E EAT A LITTLE SNACK



F FIND A SAFE SPACE

G GO FOR A WALK



H HYDRATE WITH A DRINK



I IDENTIFY MY EMOTIONS

J JOURNAL





K KICK, BOUNCE OR SQUEEZE A BALL

L LISTEN TO MUSIC



M MOVE MY BODY



N NAME MY FEELINGS



O GO OUTSIDE



P PRACTICE GRATITUDE



Q QUIET TIME



R READ A BOOK OR MAGAZINE

S SELF-TALK



T TALK TO SOMEONE

U USE A FIDGET TOY

V VISUALISE A HAPPY PLACE

W WATCH A HAPPY VIDEO



X EXERCISE



Y YOGA

Z SLEEP

