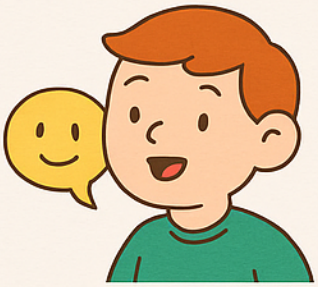
COPING SKILLS



- [ ] Take deep breaths



- [ ] Draw a picture



- [ ] Talk to someone



- [ ] Count to ten



- [ ] Write in a journal



- [ ] Listen to music



- [ ] Squeeze a stress ball



- [ ] Get some exercise



- [ ] Go to a quiet place



- [ ] Move your body

COUNSELORA