



COPING SKILLS Alphabet



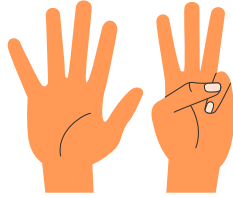
Aa
Painting
Drawing



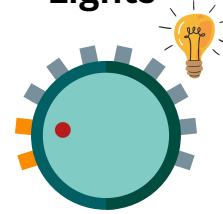
Bb
Belly
breathing



Cc
Count
Numbers



Dd
Dim
Lights



Ee
Eat a
Snack



Ff
Fidget
Toys



Gg
Go to a
safe place



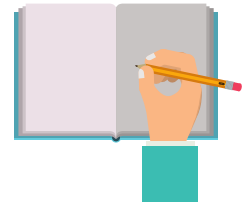
Hh
Humor



Ii
Introspection



Jj
Journal



Kk
Keep
Busy



Ll
Listen to
Music



Mm
Move your
body



Nn
Name your
feeling



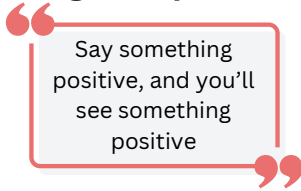
Oo
Go Outside



Pp
Play a
game



Qq
Repeat a
good quote



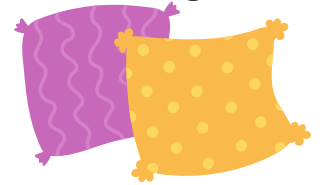
Rr
Read
something



Ss
Self-talk



Tt
Touch
something soft



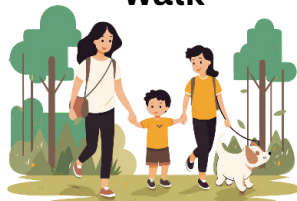
Uu
Unplug



Vv
Vent to
someone



Ww
Go for a
walk



Xx
X social
media



Yy
Yoga



Zz
Get enough
ZZ's

