

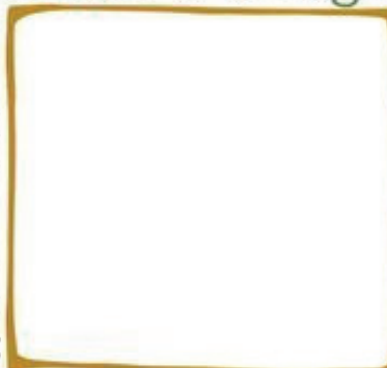
My Coping Survival Strategies Guide



...to remind yourself you are not alone

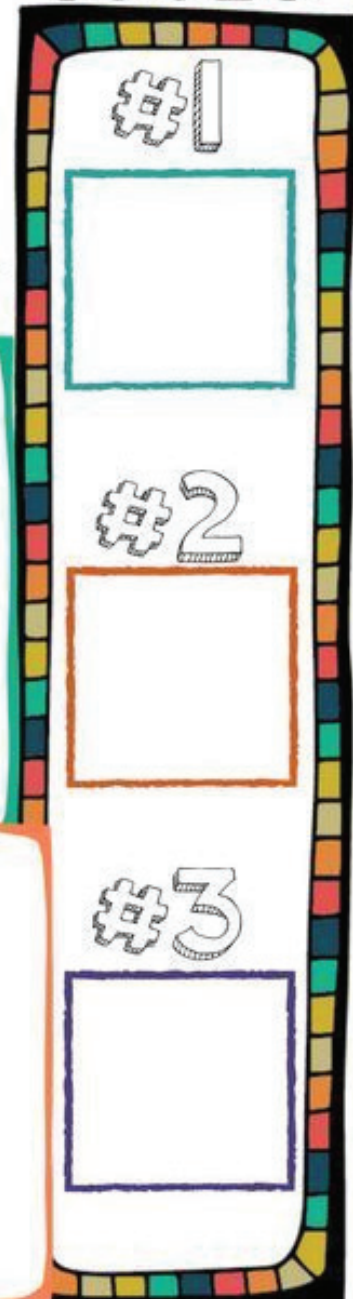


What Makes Me **Smile & Laugh**



...humor is a natural stress reducer

MY TOP 3 COPING TOOLS



Best Listener and/or Hug-Giver



HUGS=Oxytocin Release, helping us to feel connected & loved

Just Breathe

...mindful breathing sends a message of peace to our minds, slows down our heart rate & reduces feelings of stress



Best Ways to **CHILL OUT** & Bring-In the **CALM**

Best Ways to Get **MOVING!**

...to burn-off stress hormones & pump-in feel-good endorphins



BEST POSITIVE AFFIRMATION

Something **Kind** I Can Say to Myself When Life Gets Tough



What I Can Make **Create, Play or Build**

