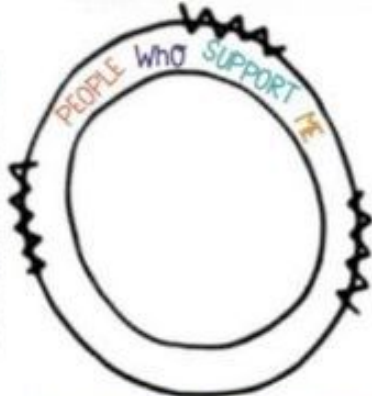


# My Coping Survival Strategies Guide



...to remind yourself you are not alone



Best Listener and/or Hug-Giver



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

## Best Ways to Get MOVING!

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

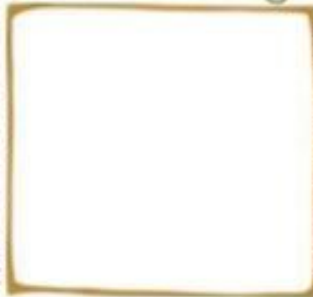


BEST POSITIVE AFFIRMATION

Something Kind I Can Say to Myself When Life Gets Tough

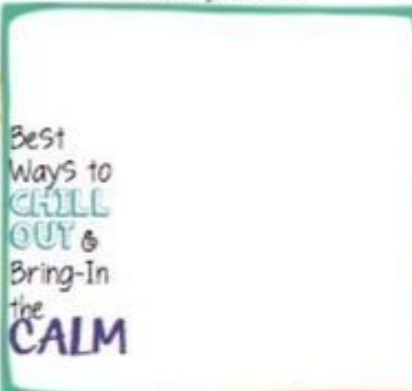


What Makes Me **Smile & Laugh**



## 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**

What I Can Make Create, Play or Build



## MY TOP 3 COPING TOOLS

#1



#2



#3

