

HEALTHY COPING STRATEGIES: HOW TO MANAGE EMOTIONS

*Take Care of Your SELF:
Sleep, Exercise, Leisure, Fun*

Keys to Managing

Stress:

Have a positive attitude - look at things in a positive way (remember, positive self-talk)

Accept mistakes - it's okay to make a mistake, don't be afraid to try

Support - talk to a trusted adult, ask an adult for help

Relaxation techniques- slow, focused breathing, visualizing a calm place, yoga, exercise

Time management- use your time in helpful ways, and set limits (give yourself breaks)

Make time for fun- spend time doing a fun activity or hobby, something you enjoy

COPING SKILLS



- Do a hobby or something fun- it might distract you
- Read a book
- Listen to music- Music can make us feel good and happy, takes our mind off what's worrying us
- Listen to sounds around you- just listen. What do you hear? You might hear something you've never heard before
- Draw or paint your feelings
- Play a game
- Think of your favorite place- somewhere you feel calm, peaceful, happy- think of what it looks like, sounds like, etc.
- Label or name your feeling
- Ride a bike
- Take deep breaths—Breathe in slowly through your nose and then out through your mouth, like you are blowing a bubble, or through a straw. Repeat this as many times as you want
- Write or think about positives; change the story
- Sing and dance
- Talk about it- use "I feel" statements
- Do jumping jacks or jump around
- Walk or play with a pet

GET MOVING and POSITIVE ATTITUDES/SELF TALK

Get moving! Being active can help us get out energy (both good and bad). Lots of options- sports, riding a bike, dance, swim, walking or just run around until you feel tired. Do something active everyday!

Be kind- use kindness as a superpower. Ask someone if they need help. Tell someone you are grateful for them. Write or make a thank you card. Do something fun. Tell yourself it's okay to make mistakes. Laugh. Give hugs. Believe in your dreams.

