

**Coping Skills are helpful** when you feel: stress, worry, nervous, or anxious. Each day pick a coping skill to use for that day. At the end of the week highlight the ones that work the best for you!

<p><b>Talk with someone you trust about your thoughts and feelings.</b> Who is someone you can talk to about your feelings?</p>	<p><b>Think of your favorite smell.</b> Close your eyes and imagine smelling this smell, try to focus only on the smell.</p>	<p><b>listen to music.</b> Pick some songs you enjoy that help you feel calm. After listening to the song pay attention to how you are feeling (are you more relaxed, are you calmer?)</p>
<p><b>Take deep breaths.</b> Take at least 3 deep breaths (Imagine you are breathing in a flower and blowing out a candle).</p>	<p><b>Do some stretches.</b> Stretching can calm the mind and help you feel relaxed.</p>	<p><b>Get some exercise.</b> Take a walk, jog, ride a bike, or jump on a trampoline.</p>
<p>When you feel worries or stress: <b>Touch something and think about the object you are touching</b> (shape, size, color, how much do you think it weighs).</p>	<p><b>Use positive self-talk: "I can do this"</b></p>	<p><b>Imagine somewhere relaxing</b> (beach, mountains, woods, lake, creek...) Think about the sights,, sounds, and smells of this place.</p>
<p><b>Pick a color and count how many things you see that are that color.</b></p>	<p><b>Think about things you are thankful for.</b> Think of at least 3 things.</p>	<p><b>Journal, write down your thoughts and feelings.</b></p>
<p><b>Read a book:</b> pick a book you enjoy and spend time reading.</p>	<p><b>Do a word search or crossword puzzle.</b></p>	<p><b>Play with a pet.</b></p>