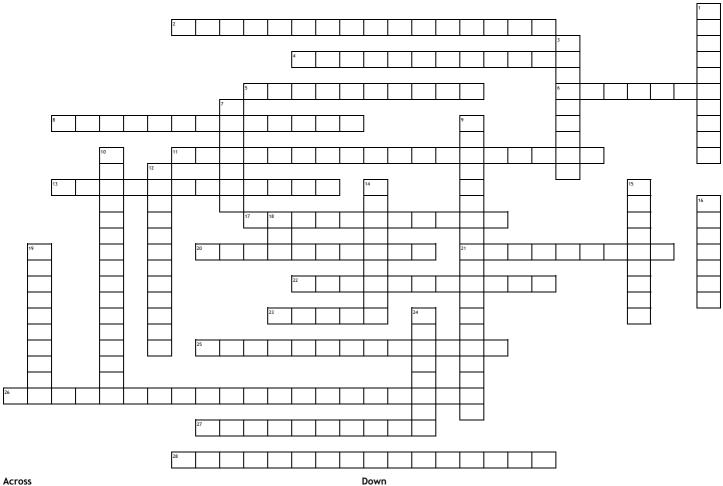
## **Coping Skills**



- 2. speaking positive, thinking positive
- 4. writing to a specific person
- 5. preparing food
- 6. comes in 25, 100, 300, 500 or more pieces
- 8. in through your nose, to diaphragm, out mouth
- 11. schedule activities each day
- 13. Preferred place or special place
- 17. Comedy, Horror, Drama, Sci-Fi, Documentary
- 20. involves cats and/or dogs
- 21. plants, vegetables, trees, mowing, weeding
- 22. "I" feel, think, believe
- 23. Moving along to a song
- 25. Classical, Country, Rock, Rap
- 26. involves relaxing all muscles throughout the body
- 27. writing down thoughts and feelings
- 28. closing your eyes, listen to instructor guide through calming/relaxing place

- 1. soccer, football, tennis, running, baseball
- 3. relax jaw, shoulders and stomach
- 7. In nature/outdoors
- 9. in through your nose, out through your mouth
- 10. piano, guitar, trumpet, drums
- 12. Short period of alone time
- 14. uno, man bites dog, monopoly, life
- 15. focusing on five senses
- 16. trusting in someone else with thoughts and feelings
- 18. using markers, colored pencils, gel pens, paint
- 19. to-do, ideas, positive thoughts
- 24. funny stories, jokes, comedy movies, comedians