

10 EASY COPING TECHNIQUES

1. Take a Breath

Take long deep breaths in and out. Try to focus solely on your breathing to clear your mind.

3. Use Positive Self Talk

Speak positive words over your day, and speak out things you like about yourself. We all need a boost sometimes!

5. Express Your Feelings to Someone

Talk to someone who is trustworthy. A close friend, family member, or even a mental health counselor. You are worth listening to.

7. Visualize Your Favorite Place

Do you love the beach? Visualize walking in the soft sand, and playing in the ocean waves with the sun peaking down on you.

9. Schedule Time For Yourself

You are WORTH investing in. Set time aside in your schedule to do things you love: read, get a manicure, bake a cake. Whatever you enjoy!

2. Take a Time Out

Stop what you are doing, and take some time to regain your thoughts. It is okay to take a break!

4. Think of Something Happy

What is your favorite happy memory, or favorite TV comedy? Think about what make YOU happy.

6. Think About Someone You Love

Imagine their face, voice, or something positive they think about you. Be reminded of the positive benefits of the relationships.

8. Hum Your Favorite Song

You can do this anywhere! Take a minute to hum your favorite tune. Be reminded of the small things in life that bring you joy.

10. Practice Yoga

Many people find that yoga helps to relieve stress, and build a sense of clarity in their minds.