

# COPING STRATEGIES

## REFERENCE POSTER

Use these strategies to help manage big feelings, reduce stress, and stay in control.

### 1 TAKE DEEP BREATHS



Breathe in slowly through your nose. Breathe out slowly through your mouth. Repeat 3-5 times.

### 2 COUNT TO 10



Count slowly to 10. It helps your mind and body calm down.

### 3 MOVE YOUR BODY



Stretch, walk, or do jumping jacks. Movement helps release stress.

### 4 USE POSITIVE SELF-TALK



Say kind and helpful things to yourself. Try: "I can handle this."

### 5 TAKE A BREAK



Step away for a few minutes. Take a break in a safe place.

### 6 DRINK WATER



Drink water and take care of your body. It helps you feel better.

### 7 FOCUS ON 5 THINGS



Name 5 things you see, 4 you can touch, 3 you hear, 2 you smell, and 1 you taste. It brings you back to the present.

### 8 WRITE OR DRAW



Write down how you feel or draw a picture. It helps you express and release feelings.

### 9 TALK TO SOMEONE



Talk to a friend, family member, or trusted adult. You don't have to handle it alone.

### 10 DO SOMETHING YOU ENJOY



Listen to music, read, draw, or do something that makes you happy.

USE THE CALM DOWN CHECKLIST



**PAUSE**  
Stop.



**THINK**  
What do I need right now?



**CHOOSE**  
Pick a strategy that helps.



**TRY**  
Use it and see what happens.



YOU ARE DOING YOUR BEST, AND THAT IS ENOUGH.

