

Practices for Positive Coping

Calming Tips

1. Take a shower or bath
2. Listen to music
3. Exercise - go for a walk, or a drive
4. Watch television or a movie
5. Clean or organize your environment
6. Read



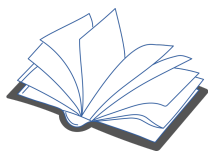
PHYSICAL TIPS

1. GET ENOUGH SLEEP
2. EAT HEALTHY FOODS
3. GET INTO A GOOD ROUTINE
4. EAT A LITTLE CHOCOLATE
5. PRACTICE DEEP AND SLOW BREATHING



Thought-Provoking Tips

1. Make a gratitude list
2. Keep an inspirational quote with you
3. Reward or pamper yourself when successful
4. Write a list of strengths
5. Accept a challenge with a positive attitude



*You
Got
This!*



Social Tips

1. Talk to someone you trust
2. Be assertive
3. Use humor
4. Spend time with friends and family
5. Serve someone in need

