Coping Skills

stress free
aromatherapy
watch a movie
garden
cook
exercise
stress ball
cope
coping skills
be positive
journal
give a hug
draw
listen to music
prayer
hug a stuffed animal
punch a pillow

meditate
play a puzzle
clean something
talk to an adult

Petting an animal
walk away
Playing a game

deep breathing
take a bath
watch TV

cope
coping skills
be positive
journal
give a hug
draw
listen to music
prayer
hug a stuffed animal
punch a pillow

meditate
play a puzzle
clean something
talk to an adult

Petting an animal
walk away
Playing a game

deep breathing
take a bath
watch TV