My Coping Survival Strategies Guide

PEOPLE WHO SUPPORT ME

....to remind yourself you are not alone

Best Listener and/or Hug-Giver

HUGS=Oxytocin Release,
helping us to feel connected & loved

What Makes Me Smile & Laugh

....humor is a natural stress reducer

Just Breathe

....mindful breathing sends a message of peace to our minds, slows down our heart rate & reduces feelings of stress

MY TOP 3 COPING TOOLS

#1

#2

#3

Best Ways to Get MOVING!

....to burn-off stress hormones & pump-in feel-good endorphins

Best Ways to CHILL OUT & Bring-In the CALM

BEST POSITIVE AFFIRMATION

Something Kind I Can Say to Myself When Life Gets Tough

What I Can Make, Create, Play OR Build