










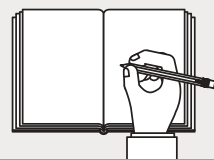



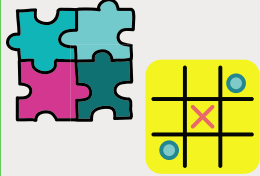

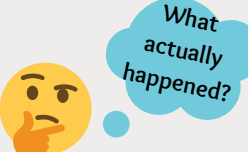


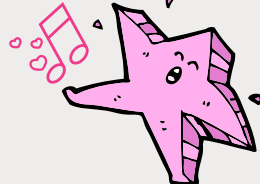
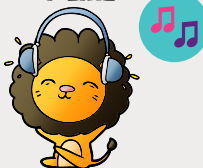


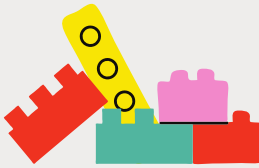
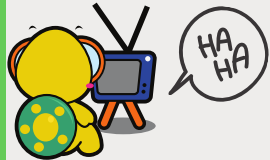

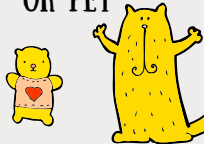


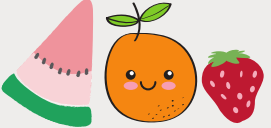





35 HEALTHY COPING SKILLS IDEAS

TO HELP EMPTY MY STRESS BUCKET

<p>NAME THE EMOTION I FEEL</p> 	<p>SLOW MINDFUL BREATHS (BELLY BREATHING)</p> 	<p>DRINK WATER</p> 	<p>SPLASH MY FACE WITH COOL WATER</p> 	<p>ASK FOR HELP</p> 	<p>HELP SOMEONE ELSE</p> 	<p>GO FOR A RUN / WALK / DO SOME EXERCISE</p> 
<p>DRAW, PAINT OR COLOUR</p> 	<p>FOCUS ON THINGS THAT ARE IN MY CONTROL</p> 	<p>USE KIND AND COMPASSIONATE SELF-TALK</p> 	<p>REMIND MYSELF OF SOMETHING I COULD BE THANKFUL FOR</p> 	<p>WRITE IN MY DIARY / JOURNAL</p> 	<p>PLAN AN ACTIVITY I ENJOY - TO DO LATER</p> 	<p>TALK TO SOMEONE I TRUST</p> 
<p>PLAY WITH A FIDGET TOY OR STRESS BALL</p> 	<p>DO A PUZZLE</p> 	<p>READ A BOOK OR COMIC I ENJOY</p> 	<p>CHECK THE FACTS USING MY 5 SENSES</p> 	<p>TAKE A BREAK, REST, NAP OR SLEEP</p> 	<p>THINK OF A PLAN TO SOLVE A PROBLEM I HAVE</p> 	<p>SING OR DANCE</p> 
<p>LISTEN TO MUSIC I LIKE</p> 	<p>LEARN OR TRY SOMETHING NEW</p> 	<p>KICK, BOUNCE OR PLAY WITH A BALL</p> 	<p>BUILD SOMETHING</p> 	<p>WATCH A COMEDY PROGRAMME / LAUGH</p> 	<p>TAKE A BREAK FROM SOCIAL MEDIA, MY PHONE OR IPAD</p> 	<p>ASK FOR A HUG / HUG A CUDDLY TOY OR PET</p> 
<p>GO OUT INTO NATURE</p> 	<p>PLAY WITH SLIME OR PLAY DOUGH</p> 	<p>EAT SOMETHING HEALTHY WHICH I LIKE</p> 	<p>TAKE A SHOWER / BATH</p> 	<p>LISTEN TO A GUIDED MEDITATION / DO PROGRESSIVE MUSCLE RELAXATION</p> 	<p>HAVE A CRY</p> 	<p>MY OWN IDEA:</p> <p>-----</p>