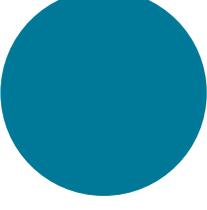


Handout: Coping Skills

 <p>Talk to a friend</p>	<p><i>We often feel better when we talk about our problems with someone we trust.</i></p>
 <p>Breathe & count to 10</p>	<p><i>Pausing and taking a deep breath can keep us from acting out in anger.</i></p>
 <p>Listen to music</p>	<p><i>Listening to our favorite music can help us deal with strong emotions.</i></p>
 <p>Talk to a supportive adult</p>	<p><i>The adults in our lives can often help us if we share our problems with them.</i></p>
 <p>Make a plan</p>	<p><i>Think through the problem and come up with a list of possible solutions.</i></p>
 <p>Try to relax</p>	<p><i>When we slow down and relax, our brain works better for communicating and problem-solving.</i></p>

Handout: Coping Skills (continued)

 <p>Talk about your feelings</p>	<p><i>Sharing our feelings with others helps us remember that we are not alone.</i></p>
 <p>Write in a journal</p>	<p><i>Keeping a private journal is an excellent way to work through our feelings.</i></p>
 <p>Ask for help</p>	<p><i>It is OK to ask for help. Everyone needs some extra support sometimes!</i></p>
 <p>Look at things another way</p>	<p><i>If the problem cannot be solved, finding another way to look at the situation can be really helpful.</i></p>
 <p>Confront the problem</p>	<p><i>When it is a safe option, sometimes it's best to approach the problem directly.</i></p>
 <p>Go do something fun</p>	<p><i>Sometimes we just need to take a break and go have some fun and come back to the problem later.</i></p>
	<p><i>Now it's your turn. Can you think of any other ways that you like to solve problems?</i></p>