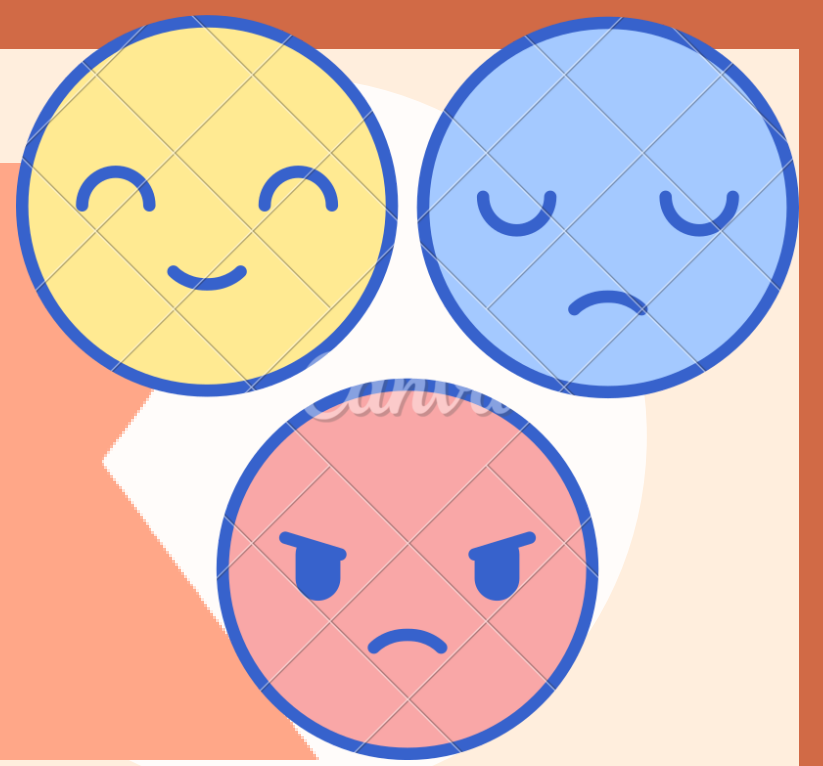


Coping Skills



A coping skill is a way to handle any big emotions you have such as anger, fear, stress or sadness.

A **good** coping skill helps you feel better and manage your emotions without hurting yourself or others.

A **poor** coping skill may make you feel better in the moment but it ends up hurting you or other people.

GOOD COPING SKILLS

- Taking a break
- Going for a walk
- Having a healthy snack
- Exercising
- Talking to someone
- Deep breathing
- Meditation
- Playing with a pet

POOR COPING SKILLS

- Insulting someone
- Becoming violent
- Spreading rumours
- Negative self-talk
- Shutting down
- Hurting yourself
- Yelling
- Doing something dangerous

