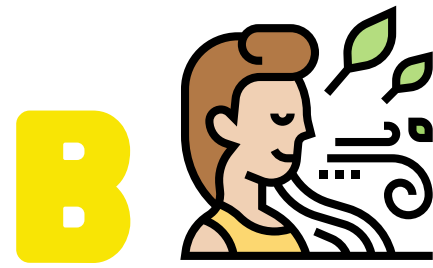


A-Z COPING STRATEGIES

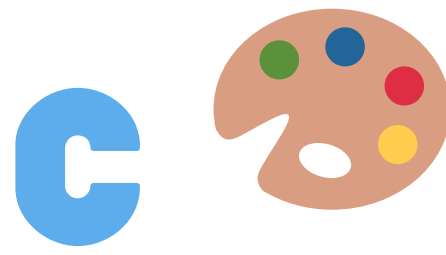
ABCDEFGHIJKLMNOPQRSTUVWXYZ



A - activity do what you love



B- Breathe deep cleansing breath



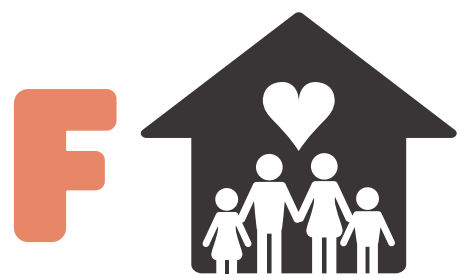
C- Create something new



D- Distract yourself from stress



E- Exercise your body



F- Friends & Family



G- give back, helping others helps you feel better



H- Helpline use crisis numbers



I-Initiate a new friendship



J- Jokes take time to be silly



K- keepsakes, make a scrapbook of good memories



L- Let go of things you do not need



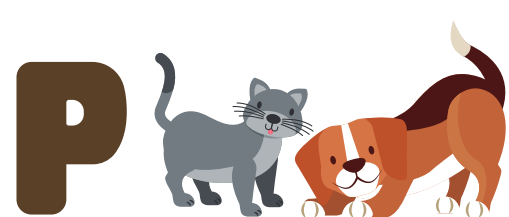
M- Music use it relax, inspire and connect



N- Nurture & take care of yourself



O- Organize your surroundings



P- Pets bring comfort & support



Q- Quiet time is important



R- Rest, Relax, Rejoice



S- Support networks are essential



Take some time for yourself



U- Utilize resources around you



V- Visualize your best self with a vision board



W-Write it down and plan



X- Xbox spend time playing a fun game



Y- Yoga



Z- ZZZ Get more sleep!