

Coping strategies to manage emotions



Do push-ups or jumping jacks



Take time out



Set a goal



Stand up and stretch



Make a list of choices



Use an i-statement



Use a calming jar



Visualise a stop sign



Play an instrument



Sing or hum a song



Learn something new



Use positive self-talk



Doodle on paper



Write in a journal



Take deep breaths



Think of a pet



Give someone a hug



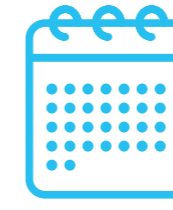
Think of someone you love



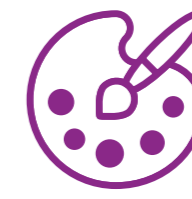
Ask for space for yourself



Read a book



Plan a fun activity



Create art



Organise or declutter



Use a relaxation app



Colour or draw



Eat a healthy snack



Spend time outside



Get a drink of water



Talk to a friend