COPING SKILLS LIST FOR YOUR EMOTIONS

Deep Breaths
Take A Quick Walk
Stretch
Write It Out
Slowly Count to Ten
Think of Something Happy
Read a Book
Color a Coloring Page
Meditate
Write a Letter
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Make a Gratitude List Put a Puzzle Together
Make a Gratitude List Put a Puzzle Together
Make a Gratitude List Put a Puzzle Together Do Something You Love Talk to A Friend