HEALTHY COPING SKILLS

Coping Skills are techniques you can use to help you get through difficult emotions and stressful situations. They can help maintain balance.

Some example of positive coping skills include:

- Art such as drawing, painting, coloring, or photography
- Playing an instrument, singing, acting or dancing
- Listen to music
- Exercise
- Practice mindfulness
- Focus on your breathing
- Read a good book
- Watch a funny movie
- Talk to your support person

Resources:
Verywell mind
Coping is for Everyone
Coping Skill

HERE ARE SOME APPS TO HELP YOU STRENGTHEN YOUR COPING SKILLS:
INSIGHT TIMER
SMILING MIND
MOODMISSION
MIND DOC
HEADSPACE
CALM

Tips for improving mental health:
spend time with loved ones
give and accept support
build confidence
manage stress