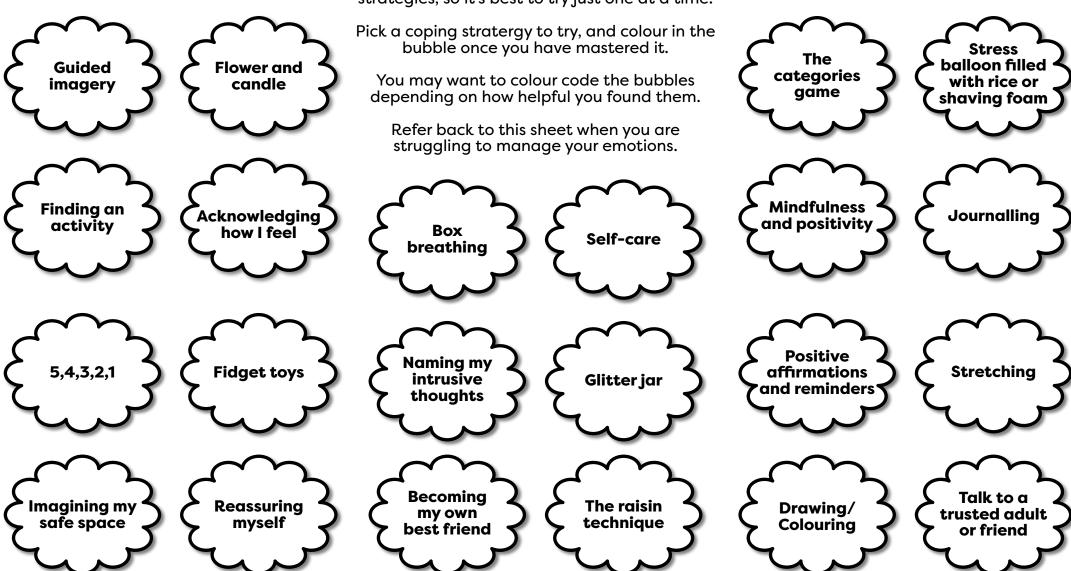


## **Coping Strategies**

It can feel overwhelming trying new coping strategies, so it's best to try just one at a time.





Now that you have read through some of our coping strategy ideas, take some time to fill these bubbles with your own coping strategies.

