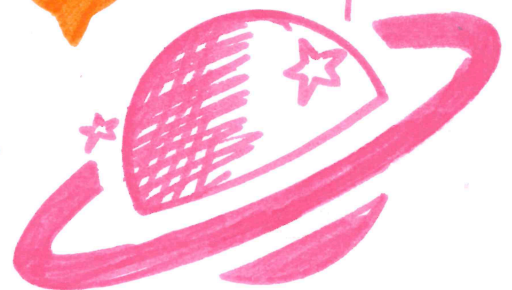
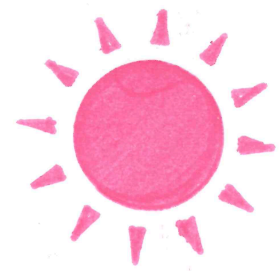




if you didn't  
notice

**DRAWING**  
is my coping  
mechanism



**We held a workshop with young carers where they shared their coping strategies to help other young carers and young people with their wellbeing**

# Coping Strategies

Breathin Strategie.  
Self care  
Bored games  
Music  
Singing

# COPING STRATEGIES

Performing  
Music  
to Talking friends  
Journalling  
Self care  
Drawing / Art  
longgg Bath

Have a nap  
Play a game  
See some friends  
Go out for the night  
Listen to music  
Do some skin care  
Draw something  
Talk to a trusted adult

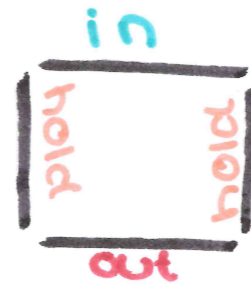
Play an instrument  
Write in a Journal  
DRAWING  
Talk to Someone.  
Listen to your favourite music  
Go for a walk  
Mindfulness

## TAKE A NAP



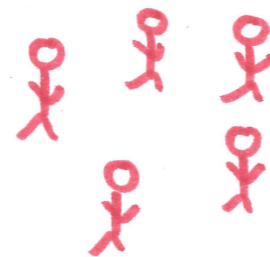
I drew this because they have to make more movies like this

## Coping Strategies



deeper breathing

helps to calm you down in more stressful situations



remove yourself from a situation if it makes you feel negative emotions

communicate your emotions



can help you further understand how you feel and can help yourself to receive support you need

# COPING STRATEGY

1. MUSIC

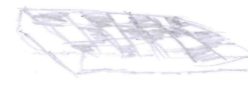


Hello

HELLO

~~Practice~~

Playing games to escape reality.

 {Chess} {Shooting Games}

Drawing & Calligraphy

Describing New things in new ways

Discovering New hobbies.

Going outside to see what is going on.

Esuchas en español {Writing in Spanish}

Whining Jokes {What do you call a cow with no legs? {4round Beef}}

Cycling {The fastest I've gone on my Bike is 37mph which is without an electric motor}

Athletics & rugby training (I do discs and the furthest I've thrown is 36.5 meters in year 7)  
(I can palm a full size rugby Ball)