

WHEN LIFE GETS COMPLICATED

How do you cope with stress when life gets complicated? Coping describes any behavior that is designed to manage the stresses and overwhelming feelings that come with tough situations.

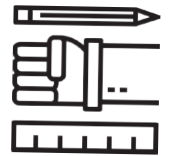
WHY IS COPING IMPORTANT?

By learning and developing positive coping skills, you will build resilience and well-being and be set up with an important skill for life.



MY COPING TOOLBOX ESSENTIALS

Use these to help keep your stress under control



RANDOM ACTS OF KINDNESS

GET A GOOD NIGHTS SLEEP

SPEND TIME WITH FRIENDS & FAMILY

SPEND TIME WITH YOUR PET

TAKE DEEP BREATHS

DO YOGA

STAY POSITIVE

EXERCISE

PLAY MUSIC

EAT HEALTHY

LAUGH

WRITE A POEM

WRITE A STORY

WATCH A MOVIE



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