



Coping with stress/anxiety



Breathe slowly



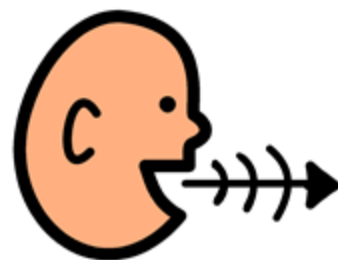
Think about positive things



Go for a walk



Listen to music



Talk to someone



Squeeze/play with a fidget



Drink water



Stretch/do some exercise



Change activity/do something fun!



Count to ten