



# COPING

*Cafe*



Get a healthy dose of  
**RESILIENCE**  
everyday!



## Body de-stressors

- • • • • TAKE SOME DEEP BREATHS .....FREE!
- • • • • TAKE A WALK .....FREE!
- • • • • GO OUTSIDE! .....FREE!
- • • • • GET SOME REST .....FREE!

## Give your brain a break!

- • • • • BREAK DOWN THE PROBLEM INTO SMALLER PARTS .....FREE!
- • • • • IMAGINE A HAPPIER PLACE .....FREE!
- • • • • DO A HOBBY .....FREE!
- • • • • LISTEN TO MUSIC .....FREE!

## Find fun!

- • • • • FUNNY CAT VIDEOS .....FREE!
- • • • • PLAY A GAME .....FREE!
- • • • • TIME WITH LOVED ONES .....FREE!
- • • • • HAVE A PILLOW FIGHT .....FREE!

## Lifelines

- • • • • REMEMBER: YOU GOT THIS! .....FREE!
- • • • • FIND A TEACHER .....FREE!
- • • • • ASK A PARENT .....FREE!
- • • • • ASK FOR HELP! .....FREE!