A TO Z OF COPING SKILLS

		A STATE OF THE PARTY OF THE PAR	The second secon
ASK for help	BREATHE deeply and slowly	COUNT forwards or backwards	DRINK some cold water
E EXERCISE run, jump, skip, kick a ball or walk fast	FIND a safe place	GO to your happy place	HUG a friend or family member
IGNORE people who are annoying you	J JOKES to help you laugh	KIND hands. Keep them to yourself	LISTEN to calming music
MEDITATE use yoga or mindfulness	NAME The emotion you are feeling	OBSERVE Use mindfulness techniques	PAINT your feelings
QUESTION your thoughts	RUN as fast as you can	SEPARATE yourself from the situation	THOUGHTS negative to positive
USE your safe place	VOICE your concerns	WRITE down your feelings	EXHALE breathe out your feelings
els Roupport www.elsa-support.co.uk	yELL as loud as you can into a pillow	ZONE out and relax yourself	