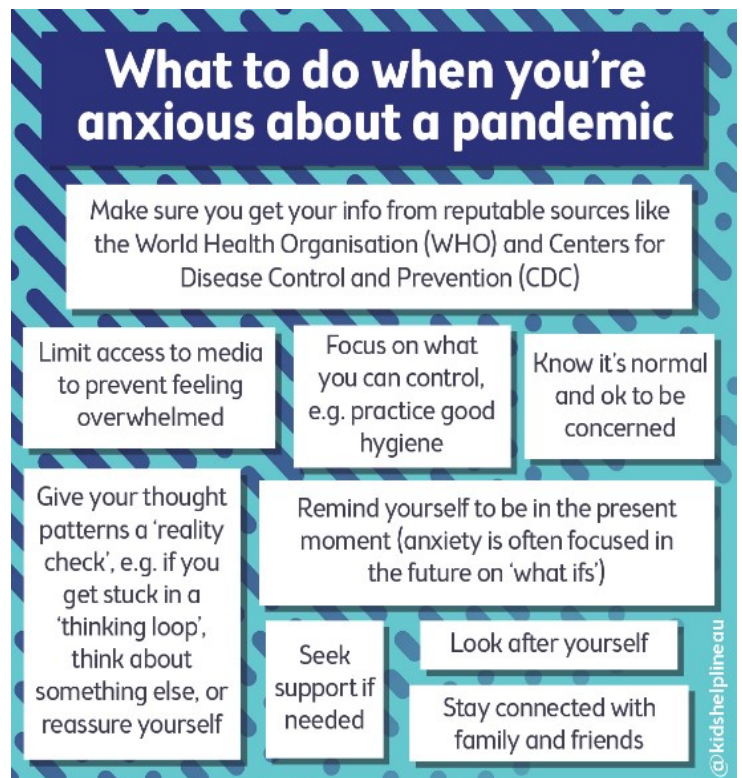


## COPING STRATEGIES TO CONSIDER WHEN TIMES ARE TOUGH:

- ✓ Create a **routine** and plan your day around your routine.
- ✓ Do things that make you feel **safe**; **connect** to people who are helpful to your wellbeing.
- ✓ Do things you've done in the past to help manage challenge and stress; reflect on your own **coping strategies** and write them down, put them in a place you can access daily.
- ✓ Engage in activities that promote a sense of **calm** and feeling **grounded**; **mindfulness**, **meditation** or **breathing** exercises.
- ✓ Ensure you are getting enough **sleep** (9 hours), eating a good variety of **healthy foods** each day, plenty of **water** and aiming for at least 30 – 60 minutes of **exercise** a day.



- ✓ Find ways to **relax**, spend 10 minutes a day breathing slowly and calmly or use one of the breathing apps.
- ✓ Learn something new or get **creative**; check YouTube for more ideas. Watch or read something **uplifting**.
- ✓ Limit exposure to information from social media and the news. Source **positive news**, pages and uplifting stories instead.
- ✓ Listen to **music**, choose something that makes you feel good and make a playlist.
- ✓ Make a list of **activities** that you can do at home with your family, with siblings or by yourself.
- ✓ Practice **gratitude** and write a list and draw 10 good things in your life and the world. Or you could start a journal and write down 3 things you are grateful each day.
- ✓ **Talk** with a **trusted adult** if it all feels a bit much.

