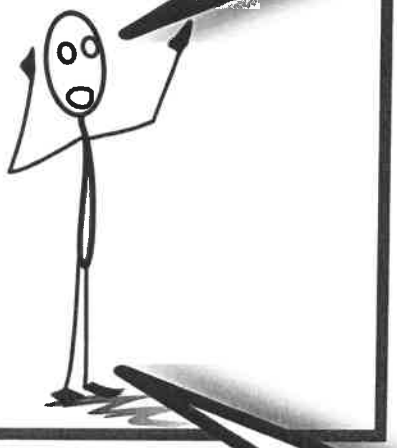
Sometimes, we all go through difficult times.



Bullying, moving away, anxiety...

Divorce, depression, foster care, someone dies...

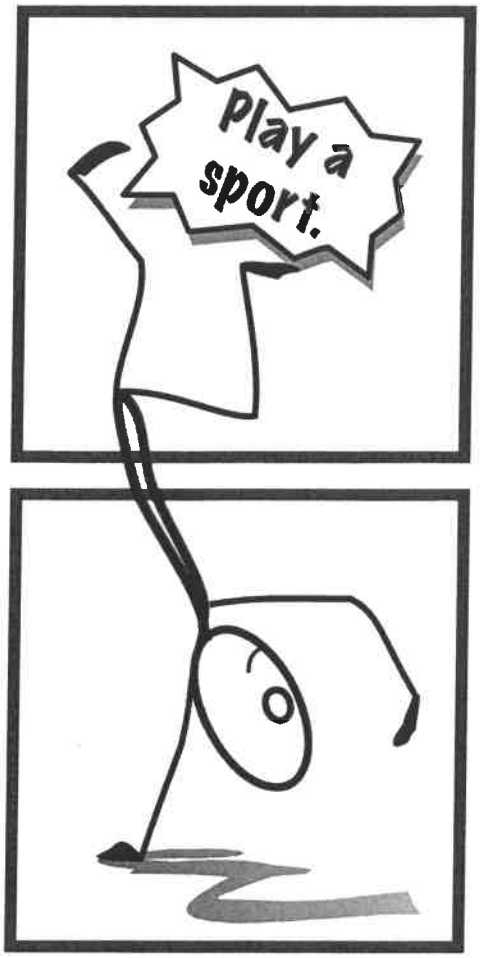
Having ways to deal can help the difficult stuff in life be a little less difficult.

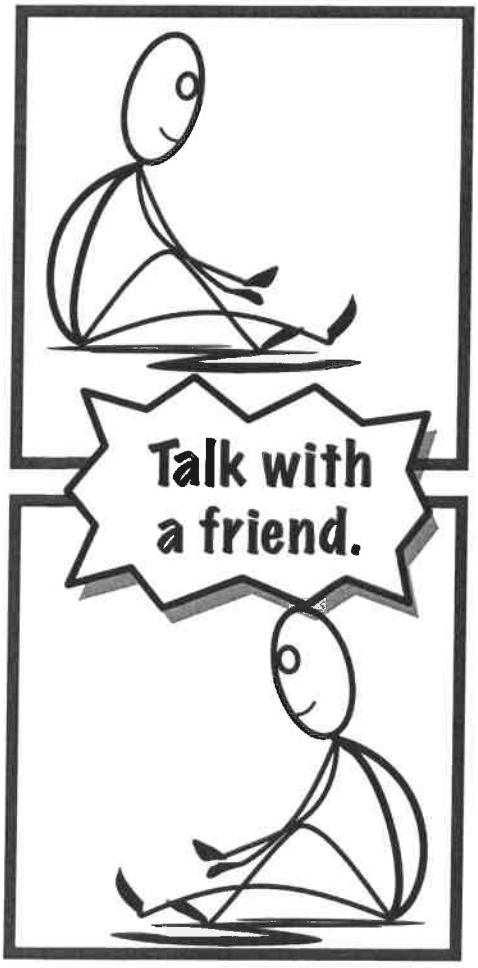
Coping skills are ways to deal. There are three kinds of coping skills.

You can <u>distract</u> <u>yourself</u>, by doing a fun activity, like singing. What hobbies do you enjoy? ____

_____

_____





You can <u>soothe</u> <u>yourself</u> by using your five senses. Is there somewhere beautiful you can go (vision)? If it is loud, would you like to go somewhere quieter, or would it help to listen to a favorite song (hearing)? You can ground yourself in the moment by smelling a flower or putting on a favorite lotion (smell). Sometimes having a favorite food or a food with a strong taste, like peppermint or spice food, can help ground you in the moment (taste). For some people, a hug, cuddling up with a favorite blanket, or petting a dog or cat, helps them calm down (touch).

What are some ways you can soothe yourself?

1. _____

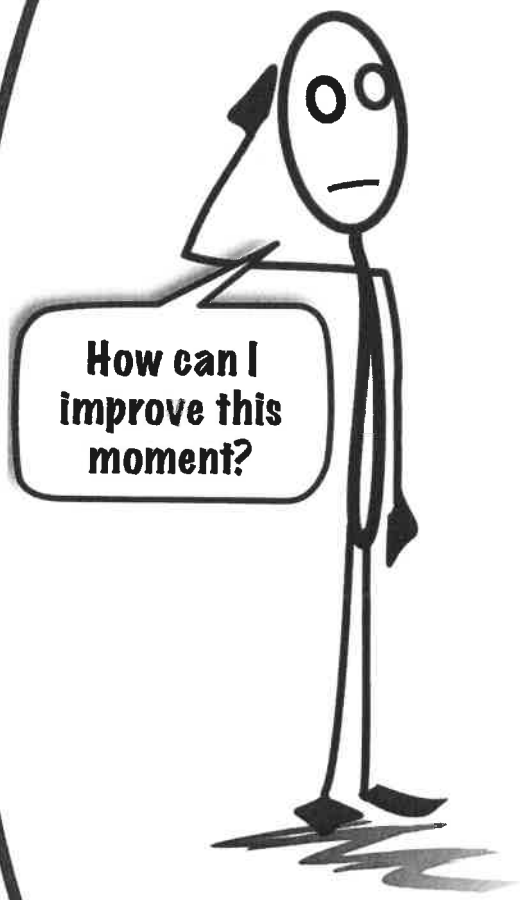
2. _____

3. _____

When life (or our feelings) become overwhelming, it can be helpful to think, "What can I do to improve this moment?" Sometimes it is really easy to improve the moment, but if improving the moment isn't easy or doesn't help, we can try our other coping skills.

Do I need 10 minutes to calm down?

Am I too hot or too cold? If so, grab a jacket or turn on a fan.



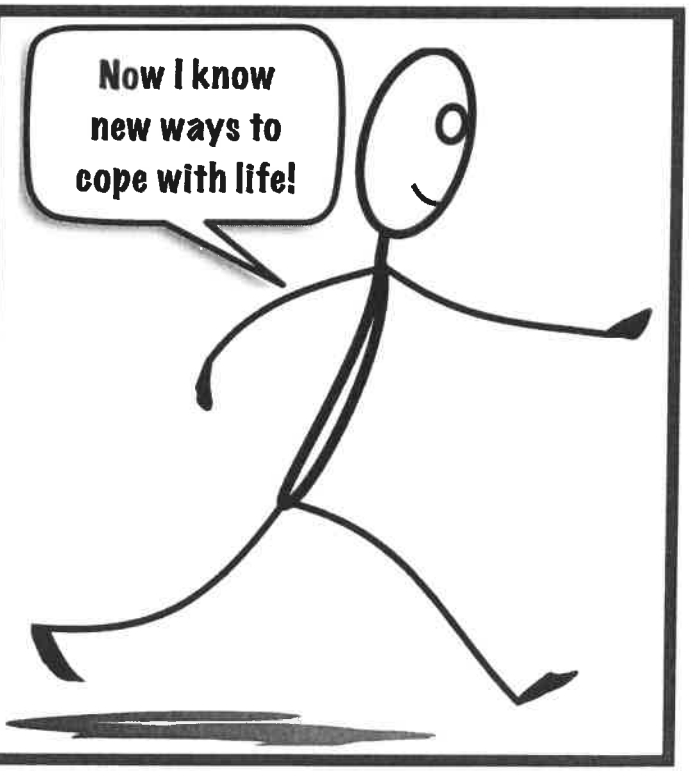
Am I hungry or thirsty? Maybe I need something to eat or drink.

Am I tired? Maybe I need a nap.

Draw a picture of one way you could improve the moment next time you are having a difficult time.

Remember, there are 3 main ways you can cope with difficult times in life. Draw a comic of you doing each!

Improve this moment.

Distract ourselves.

Soothe ourselves.