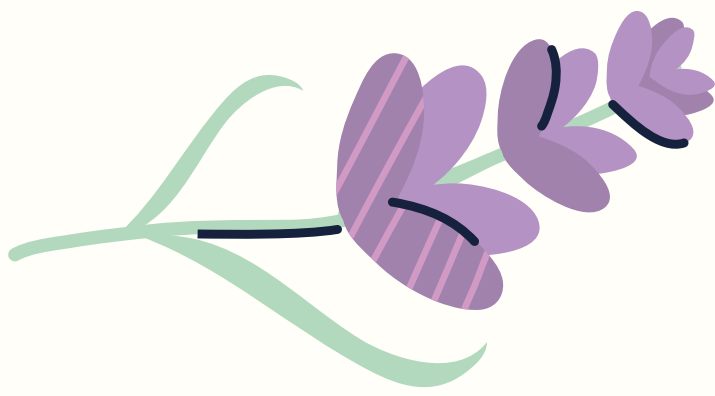
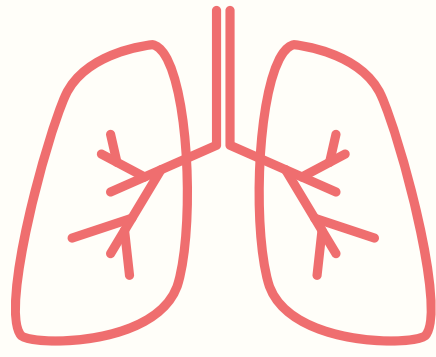


# Coping Skills from A to Z

**A**romatherapy



**B**reathing



**C**oloring



**D**ancing



**E**xercising

**F**ive senses  
grounding skill

**G**ratitude

**H**ugs

**I**nstruments



**J**ournaling

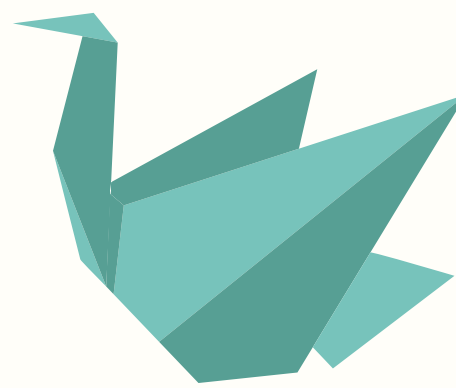
**K**indness

**L**aughing

**M**aking  
art



**N**ature  
walks



**O**rigami

**P**ainting nails

**Q**uestion  
thoughts



**R**eading

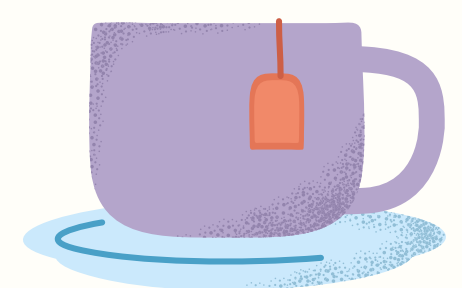
**S**hock senses



**T**alking to  
friends



**U**nwind



**V**isualization

**W**alking

**e X**hale

**Y**oga



**Z**umba