

MENTAL HEALTH COPING SKILLS

Take Slow, Deep Breaths

Slow, steady breathing can help calm your body and give your mind a chance to reset.

Write in a Journal

Writing your thoughts and feelings can help you better understand your emotions and work through difficult experiences.

Move Your Body

Walking, stretching, dancing, or exercising can reduce stress and boost your mood by releasing natural feel-good chemicals.

Listen to Music

Listening to music that helps you feel calm, hopeful, or energized can be a healthy way to manage emotions.

Get Creative

Drawing, painting, writing, or creating something can be a positive outlet for expressing your feelings.

Talk to Someone You Trust

Sharing what you're going through with a trusted adult, family member or friend who can help you feel supported and less alone.

Practice Mindfulness

Paying attention to the present moment without judging yourself can help quiet racing thoughts and reduce stress.

Practice Gratitude

Taking a moment to notice things you appreciate can help shift your focus toward hope.

Take Care of Your Body

Getting enough sleep, eating nourishing foods, drinking water, and staying active all support better mental and emotional well-being.

Take a Break from Screens

Stepping away from social media and technology for a while can give your mind time to rest and recharge.

Spend Time Outdoors

Fresh air and time in nature can help reduce stress, improve focus, and lift your mood.

Practice Positive Self-Talk

Speak to yourself with the same kindness and encouragement you would offer a good friend.

Focus on One Small Step

When life feels overwhelming, breaking a challenge into smaller, manageable steps can make it feel more achievable.

Remember That Feelings Change

Even strong emotions are temporary, and difficult moments will not last forever.