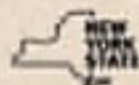
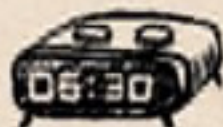


Healthy Ways of Coping:

- ☐ Getting enough sleep
- ☐ Taking breaks
- ☐ Eating a healthy diet
- ☐ Allowing yourself to receive as well as give
- ☐ Connecting with others
- ☐ Moderating TV exposure
- ☐ Deep breathing or mindfulness
- ☐ Coping skills phone apps
- ☐ Watching your favorite movie
- ☐ Exercising
- ☐ Taking care of pets & plants
- ☐ Using spiritual resources
- ☐ Balancing work, play, and rest
- ☐ Gratitude practice
- ☐ Listening to music and podcasts
- ☐ Reading



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Mental Health