

Coping strategies



talk to someone



imagine what advice
a friend would give you



go for a walk



think of things you
are grateful for

do something that you
really have to focus on
- if you can

tell yourself
– this too will pass



think of lessons
you might have learnt

write things down



problem solve

play some music

write a letter to someone
explaining how you feel

imagine a time when
this won't bother you



have a good cry

Creative Coping A Guide To Positive Living

Christine Nickel



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