



COPING STRATEGIES

1. Make a routine:



Having a routine is helpful for managing stress and reducing mental drain.

2. Limit social media/screen time



3: 4-7-8- Breathing



Inhale through your nose for 4 seconds.

Hold your breath for 7 seconds.

Exhale through your mouth for 8 seconds.

4: Grounding

5-4-3-2-1 senses
5 things you can see

4 things you can touch
3 things you can hear
2 things you can smell
1 thing you can taste

