

COPING STRATEGIES

One way to start is with a little SOS:

Slow Down

- take a time out
- sit comfortably
- one thought at a time
- pay attention to natural rhythm of breath

Orient Yourself

- look around, notice surroundings: where you are, who is with you
- focus on something of interest you can see or hear

Self-Check

- how much stress?
- how much control?
- If needed, use a stressbuster

Stressbusters

Relaxation Strategies

Deep breathing
Meditation
Guided muscle relaxation
Yoga
Tai Chi

People

Favorite teacher
Favorite staff
Friends
Family

Things

Special toy Special Food
Stuffed animal
Picture Special Smell
Weighted Blanket

Physical Activities

Running
Sports
Lifting weights
Dancing
Walking

Activities

Coloring Play-doh Cooking Painting
Crafts Washing hands or face Drawing
Thinking of a favorite thought/phrase
Using a stress ball Counting Writing
Reading a book Listening to music Singing
Sleeping
Playing with toys or a video game