

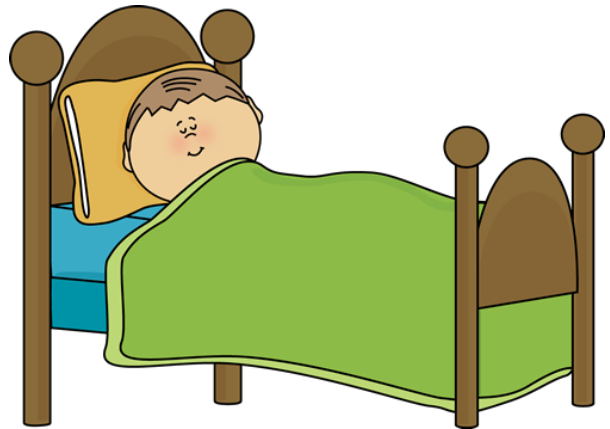
Coping: what will help? Worksheet

Your mind can't relax and stay positive until or unless you are not physically comfortable. A relaxed mind will give rise to positive emotions and healthy coping thoughts. The first step to learn to stay positive and adapt healthy coping thoughts is to accept your emotions and state that it is alright to feel that way, accept your feelings. Acknowledging your feelings will help you stay relaxed and calm; only a calm mind can think clearly and remain positive; anxiety, anger, and negative emotions make us jittery.

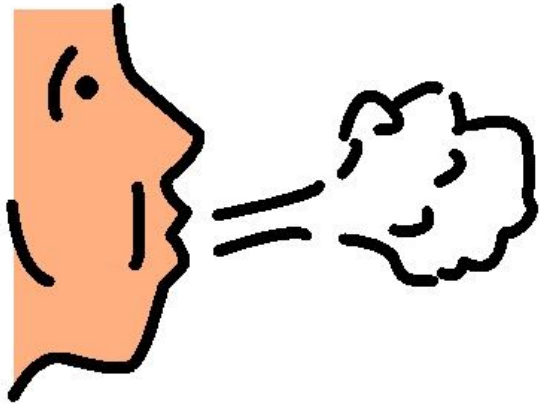
STOP



Get Your Sleep!



Deep Breathing



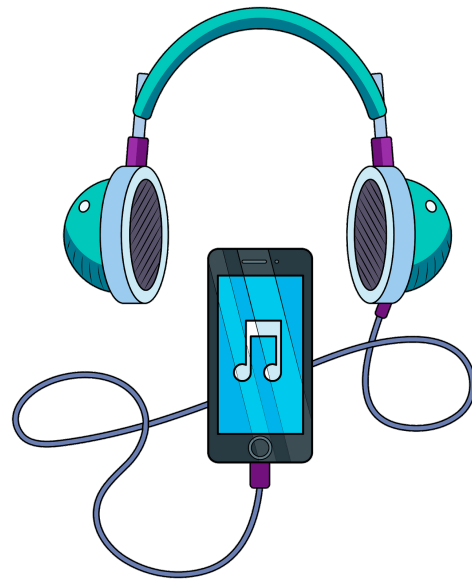
Draw your worry



Write about our worries in a Journal



Listen to music



Exercise



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Relaxation Techniques



Catharsis, share with someone trustworthy



Do something you enjoy doing

