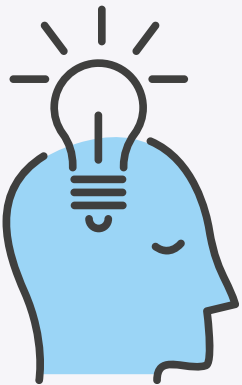
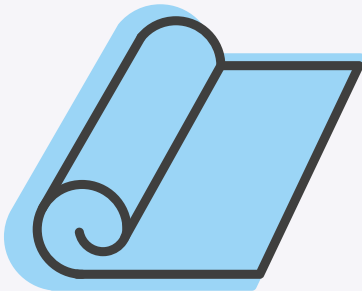
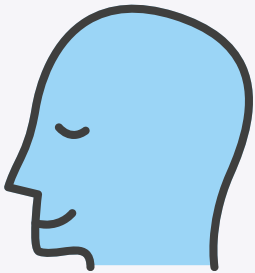
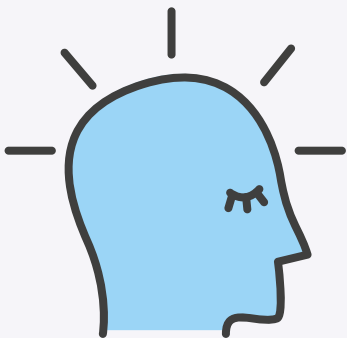


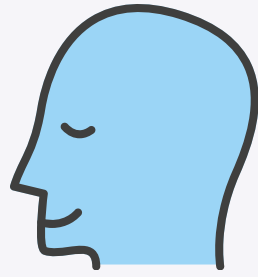
Welcome to our tenth and final  
topic of the Mental Health  
Matters Series:  
**Coping Skills**



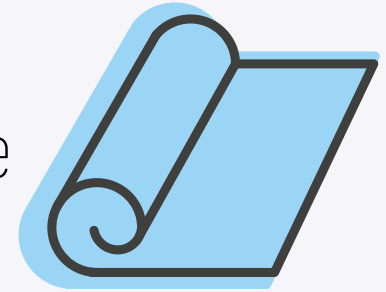
**COPING SKILLS  
MATTER**



practice  
mindfulness



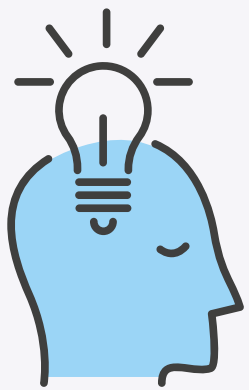
exercise and move  
your body



write down your worries



allow all feelings



recognize  
unhelpful thoughts

# COPING SKILLS

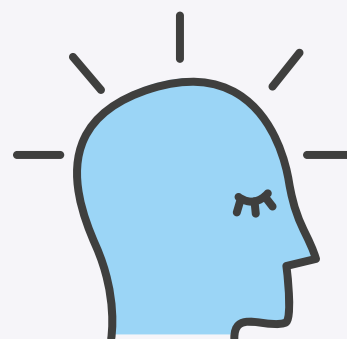


use progressive  
muscle relaxation

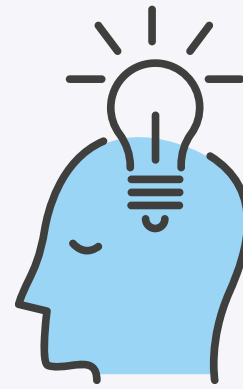
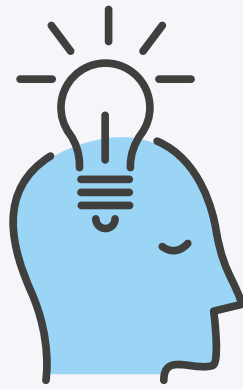


practice deep  
breathing

talk it out with a  
trusted support



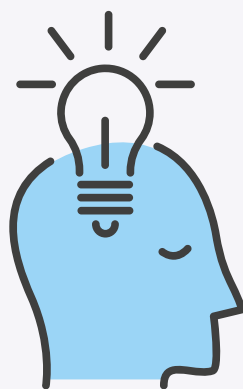
practice having a  
growth mindset

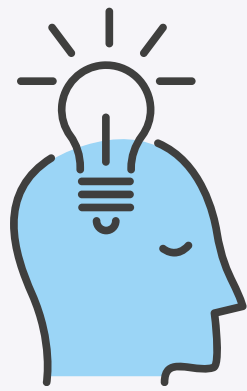


***Teaching and modeling*** coping strategies  
***early and often*** is essential

Provide time and space to ***regularly***  
***practice*** coping strategies

It is ***never too late*** to ***add new*** coping  
strategies



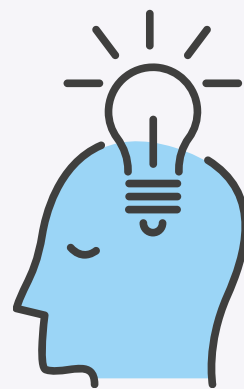
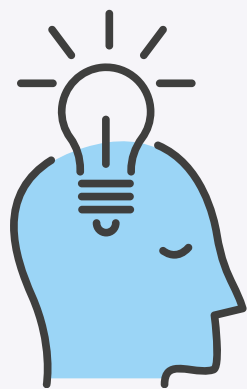


***Interested in reading more about coping strategies?***

*Check out these resources below:*

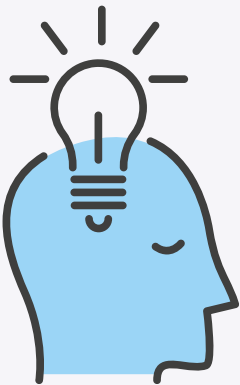
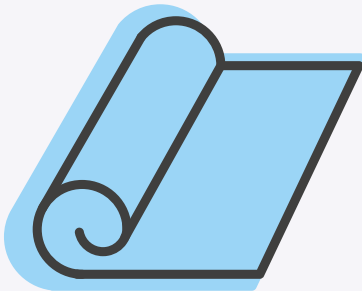
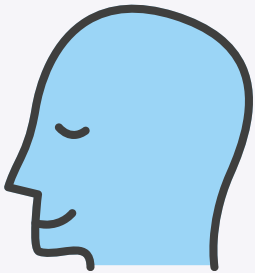
<https://childmind.org/article/how-to-model-healthy-coping-skills/>

<https://www.childrenscolorado.org/doctors-and-departments/departments/psych/mental-health-professional-resources/primary-care-articles/pediatric-coping-skills/>



**MENTAL HEALTH MATTERS SERIES - TOPIC TEN**

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**COPING SKILLS**  
MATTER

