AE WARRIOR \ COPING TOOLS

WHAT HELPS ME

☐ Take slow, mindful breaths
☐ Drink a warm cup of water
☐ Rest and take a break
☐ Stretch
☐ Journal or write a letter
☐ Listen to your favorite music
☐ Talk to someone you trust
☐ Get a hug
☐ Cuddle or play with your pet
☐ Use positive affirmations
☐ Use a stress ball
☐ Blow bubbles
☐ Make an artwork
☐ Hug or climb a tree
☐ Read a book or magazine
☐ Take a shower or bath