

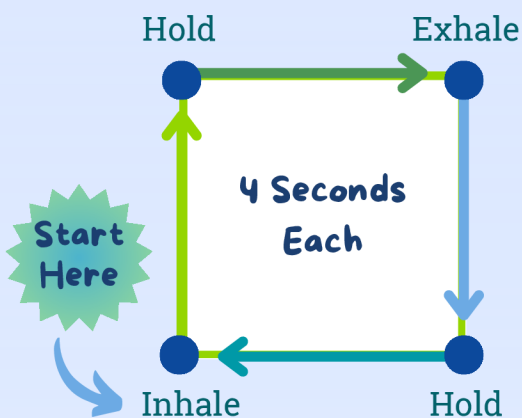
Healthy Coping Strategies for Immediate Relief

Calming Techniques You Can Use Anywhere...

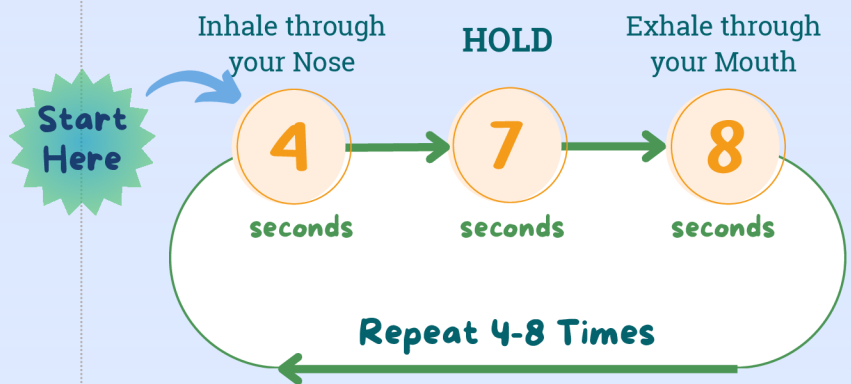
when you're overwhelmed by big emotions (stress, anger, fear, sadness, panic)

1) Breathe...

Box Breathing



4-7-8 Breathing



2) Focus...

5-4-3-2-1 Grounding

Connect with the Present by Exploring the Five Senses



Progressive Muscle Relaxation

