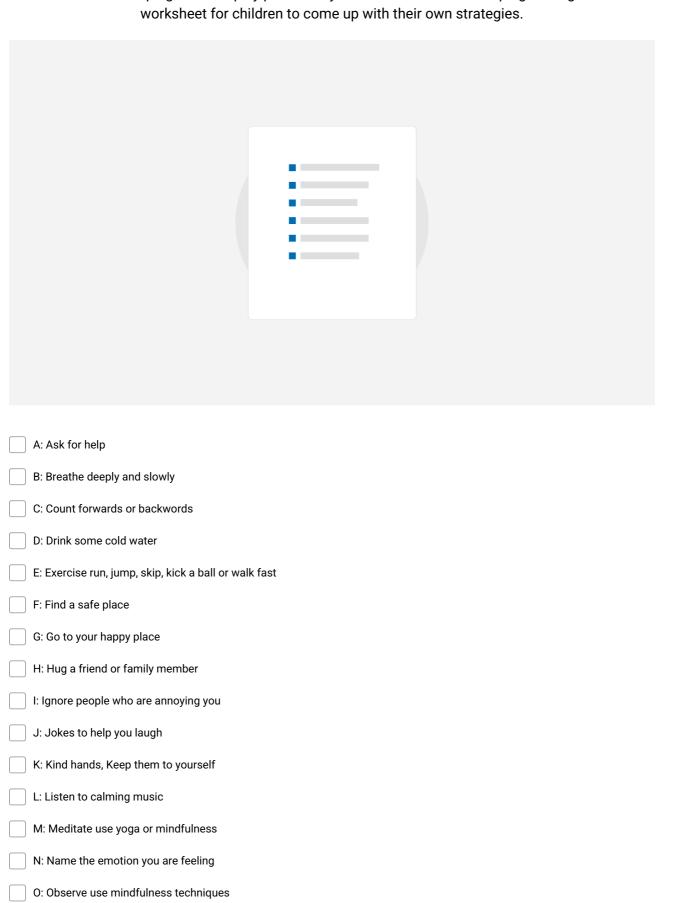
A to Z of Coping Skills

The A to Z of Coping Skills display poster for you to use to talk about coping strategies and



P: Paint your feelings

Q: Question your thoughts

R: Run as fast as you can	
S: Separate yourself from the situation	
T: Thoughts negative to positive	
U: Use your safe place	
V: Voice your concerns	
W: Write down your feelings	
X: Exhale breathe out your feelings	
Y: Yell as loud as you can into a pillow	
Z: Zone out and relax yourself	Make and Share Free Checklists
	checkli.com