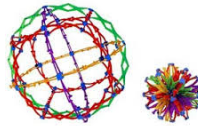


Take deep breaths



Take a mindful moment in a happy place



Make lemonade



# My Coping Star

Use the Push, Pull, Dangle



Use Positive Self-Talk

I am \_\_\_\_\_  
I can \_\_\_\_\_  
I have \_\_\_\_\_  
I will \_\_\_\_\_