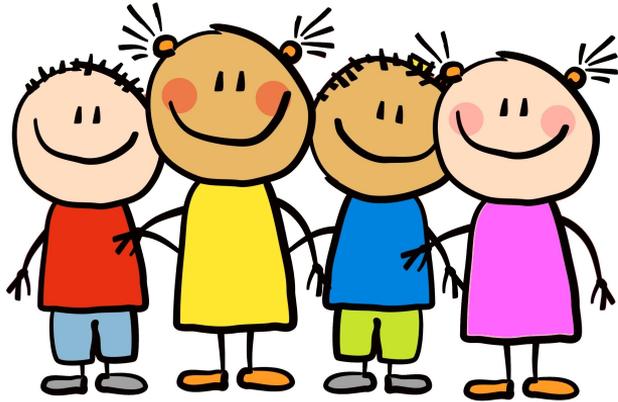


FEELINGS AND POSITIVE COPING SKILLS



*It's okay and important to
feel all types of feelings.*



How are you feeling today?



Happy



Sad



Hungry



Surprised



Sleepy



Sick



Angry



Nervous



Unsure



Silly



Annoyed



Scared

Some feelings can feel too big to handle, and you might not know what to do



*It is important to do
healthy things to take
care of these big
feelings.*



*These healthy things
are called positive
coping skills.*

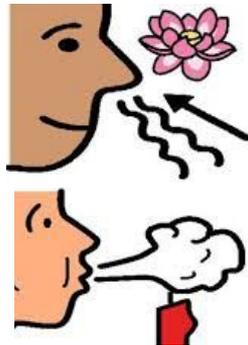
Here are some positive coping skills, or things I can do when I'm upset.



Draw



Read



Deep breaths-
Breathe in
through nose,
out from mouth.



Ask for a hug



Think happy thoughts

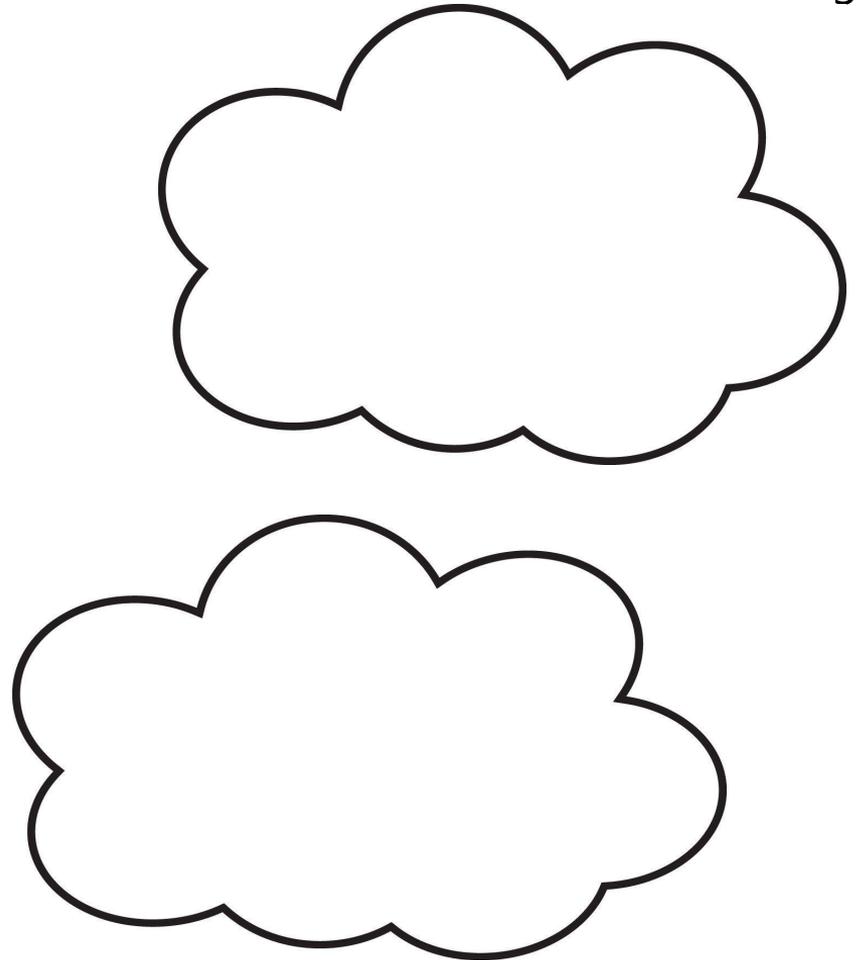
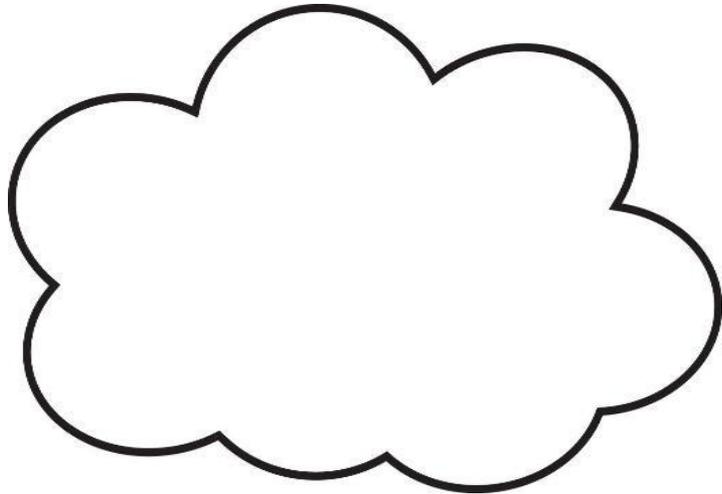


Count to 10



Do yoga

Fill in the clouds with coping skills you will use when you need to. You can make up your own ideas too!



If things are really tough and you feel panicked: Find five things you can see, four things you can touch, three things you can hear, two things you can smell and one thing you can taste. This is called grounding.



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And don't forget, you can also just take a deep breath!





THERAPISTS FOR ARMENIA

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Victoria Armineh Babikian, Melanie Buchaklian, and Heghine Mirzoyan.



TherapistsforArmenia@gmail.com



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