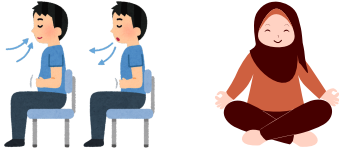
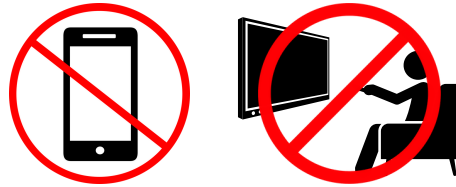


# Coping with Stress

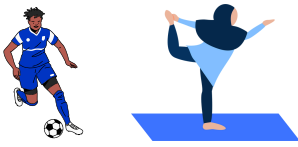
## Deep Breathing / Meditate



## Take a Break from the News



## Exercise



## Eat a Snack



## Listen to Music



## Prayer



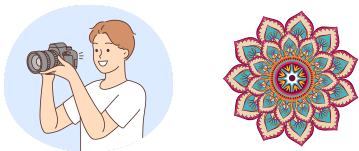
## Read or Journal



## Talk to a Friend



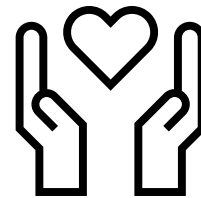
## Make Art



## Slowly Count to 10



## "I am safe now."



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# 5-4-3-2-1

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## 5 things you can see



## 4 things you can feel



## 3 things you can hear



## 2 things you can smell



## 1 thing you can taste

