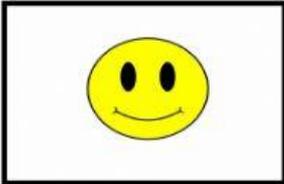


*Drag and drop activity*

*Coping Skills*



Healthy Coping Mechanisms:



Unhealthy Coping Mechanisms:

**Social withdrawal**

**Exercise                      over and undereating                      5-4-3-2-1**  
**Acts of kindness      alcohol      box breathing**