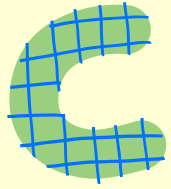
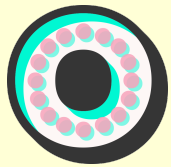


Use 1 or 2 of these skills, or more if you wish, to help you cope better when it all seems like too much.

COPE SKILLS



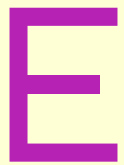
Contribute. Do something kind for someone else - a child, friend, family member or stranger. Send a thoughtful message to someone or volunteer to help other people who are struggling too.



One thing at a time. Focus all your attention on what's around you now or just on one thing which you're doing now.



Push away difficult thoughts for now. For example: write them down and tell yourself you'll return to them the next day, or imagine putting them in a box on a shelf in your mind.



Encourage yourself. For example: "I will make it through this" or "I'm doing the best I can and that's ok" or "This too shall pass." Look for possible silver linings, for example: "Something good might come from this somehow." If you are religious or spiritual, contemplate some potential meaning or purpose in the situation.