



## COPING SKILLS ON THE GO

Have you ever experienced a whirl wind of emotions, like being overwhelmed, frustrated, sad, angry, excited, tired, worried, anxious, or depressed? Believe it or not, that's a good thing! All of these emotions and feelings are a part of being human, and growing up. Sometimes, these emotions can be big and intense, while other times they might be smaller. No matter their size, we're here to offer you some tools to help you handle them better!

**\*\*It's important to remember that these activities can be helpful when you're feeling stressed or struggling with difficult feelings. However, they are not a substitute for seeking help from a grown-up you trust or a mental health professional. It's okay to ask for support when you need it, whether it's for yourself, a friend, or a family member.**

We are here for you 24/7, give us a call today: (210) 541-5300

### Working Through Anxiety



- Focus on your breathing. Follow the actions on the star and it can help calm you down.
- If your anxiety gets worse when working on large tasks, chores, or projects, make a list to prioritize what to work on. By doing this you are able to see your list get smaller which will ease your anxiety and your stress.

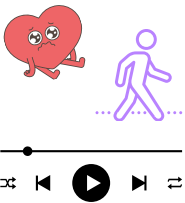
### Feeling Frustrated or Angry?

- In your journal write or draw about what has upset you and the feelings you are experiencing. You can tear the page out and into pieces when you are done or keep it in your journal to reflect on later. Sometimes putting things on paper is easier than expressing things out loud and that's okay.
- Do a physical activity. Go for a run, do some push-ups, practice yoga or your favorite sport to help clear your head.



### Feeling sad and/or tired?

- Sometimes these feelings can be triggered by specific events, while other times they seem to come out of nowhere. Feeling tired or sad occasionally is perfectly okay. However, if you find yourself feeling this way for an extended period, such as weeks or months, there might be something bigger going on. Don't hesitate to talk to a trusted adult or seek support from a mental health professional.
- Listen to music that you enjoy. It can be a song that really resonates with how you are currently feeling or a song that makes you want to get up and dance.
- Go for a walk or do something to move your body. Sometimes all you need is fresh air for a new perspective.
- Cry- seriously, you can cry (it's good for you). Crying is like natural therapy, it releases stress and toxins in the body. All cries are good cries.



### Feeling Worried or Concerned?

- Do you know what it is that's making you feel this way? Everything? Nothing? Something that happened or could happen in the future?
- Make a list. It's normal to worry about the "what-ifs" in life. However, by writing them all down you will be able to keep your thoughts more organized. Once you have your list, it's time to ask yourself a few questions:
- Is this concern productive or non-productive? (i.e., do you benefit from worrying about it?)
- Is there anything I can do about it in this moment?

If what you are worrying about is non-productive or something out of your control, consider lowering its priority. Also consider talking with someone that you trust about your list. There is a chance they can help you work through those concerns.

